

MAY IS HEARING AND SPEECH MONTH POSTER CONTEST

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

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 ***Friday, May 27, 2011***

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. The winning first-place posters for each category will be laminated and presented to the schools of the winning students.

Entry Form

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

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

Student Name: _____ Age: _____

School Name: _____

School Address: _____ School Telephone: _____

**NEWFOUNDLAND & LABRADOR ASSOCIATION OF SPEECH
LANGUAGE PATHOLOGISTS & AUDIOLOGISTS (NLASLPA)**

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.

**PROTECT YOUR HEARING
DO YOU DO ANY OF THESE ?**

USE A WALKMAN
GO TO CONCERTS
PLAY MUSICAL INSTRUMENTS
USE LOUD TOYS
ATTEND NOISY EVENTS

If so, you may be hurting your hearing.
You may need to visit an Ear, Nose and
Throat Specialist or an Audiologist.

You can keep your hearing healthy by
doing the following:

HEALTHY HEARING HABITS

Turn down the volume
Wear hearing protection
Don't play in noisy areas
Avoid really noisy activities

**PROTECT YOUR VOICE
DO YOU DO ANY OF THESE ?**

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

If so, you may be hurting your voice.
You may need to visit an Ear, Nose and
Throat Specialist or a Speech Language
Pathologist.

You can keep your voice healthy
by doing the following:

HEALTHY VOICE HABITS

Drink lots of water
Try not to talk when you have a cold
Don't shout to be heard
Use a whistle or microphone
Turn down the music or T.V when
talking
Avoid talking in really noisy places