

# **Tewksbury's Substance Use Prevention & Education Week Essay Contest**



**Pressures are a normal part of life. Getting older brings a whole batch of new pressures. What really matters, though, is how well you keep it all in perspective.**

**We want to hear how you deal with these pressures and reward you for being AMAZING. Write about one or two pressures in your life. How do you deal with them in a positive way? How could other kids use your approach? The essay should be 250- 500 words (typed or handwritten).**

**The contest is open to all Tewksbury Public School students in grades 5 – 8.**

**Please include your name, grade, and school. Applications should be turned into your school's front office no later than October 23<sup>rd</sup> (3PM).**

**Prizes will be awarded for 1st, 2nd, 3rd place for each grade from each school.**

**Winners will be notified the week of November 9<sup>th</sup>. This event is sponsored by the Tewksbury Police Department and the Tewksbury Education Foundation**