



Elevating Wellness Art Exhibition



Fountain • Fort Carson
SCHOOL DISTRICT EIGHT

Art sparks the brains of people of all ages. In fact, it improves their mental health. Studies show, people who participate in art gain skills that help them make decisions, solve problems, think creatively, and work with a team. It also motivates them to learn and helps improve their academic performance. Art helps people visually express their perceptions and feelings; and, improves their mood, calms them down and helps give them focus.

Fountain-Fort Carson School District 8 is proud to announce the First Annual Art Exhibition in conjunction with our Elevating Wellness Family Fun Night - a celebration and awareness campaign about the importance of understanding mental health and wellness. It is also an opportunity for families, students and community members to learn about mental health, to share their understanding of mental health, and to express positive messages of hope through art.

All FFC8 students are invited to submit a work of art from now until February 10, 2017 on the theme of What Does Mental Health and Wellness Mean to You?

All submissions will be on display or performed at our Elevating Wellness Family Event on **February 23, 2017** at FFCHS from 4:00 pm to 6:00 pm.

Turn this form along with your art submission to the front office of your student's school.

****Due to the wide range of audience including young children and families, explicit or inappropriate content will not be permitted****

Put your creative skills to the test to support mental health and have your art on display or perform at the Elevating Wellness Fair on February 23, 2017 at Fountain-Fort Carson High School.

Any FFC8 Student is welcome to submit an art work in the any of the following categories:

- Painting
- Sculpture
- Drawing
- Photography
- Dance
- Music
- Poetry
- Essay

DEADLINE FOR SUBMISSION: Submissions will be accepted in the front office of your student's school until **February 10, 2017.**

If your student's work is a performance art piece such as a song, dance, poem, or essay, you will be contacted after the submission due date to set up a time to rehearse the performance.

**If you have any questions,
Please contact
Karen Jensen at
kjensen@ffc8.org
719-360-0043**

Elevating Wellness Art Exhibition Submission Form

Title of Work: _____

Name: _____ School: _____ Grade: _____ Age: _____

Name: _____ Parent Contact Information: _____ Phone number: _____ Email: _____

Category:	Painting	Sculpture	Drawing	Photography
	Dance	Music	Poetry	Essay

Length of time for performance: _____ Title and artist of music (copy must be included with this submission): _____



You Are Invited to A Whole Family Elevating Wellness Event



When: Thursday, February 23, 2017

No RSVP Required

Location: Fountain-Fort Carson High School Cafeteria
900 Jimmy Camp Road, Fountain

Time: 4:00-6:00 PM

Dinner Included!

Join us for an evening of fun through fitness, music, art, activities, and more!

Community organizations will be available for resources.

This event is a celebration and awareness campaign about the importance of understanding mental health and wellness. It is also an opportunity for families, students and community members to learn about mental health, to share their understanding of mental health, and to express positive messages of hope through art.

All students are encouraged to attend with their families!



**Please contact wstevenson@ffc8.org for more information*