



Cougar Ridge Elementary PTSA is proud to support our students' participation in Reflections each year.



Reflections is a National PTA arts competition that provides an opportunity for students to use their creative talents. If your child loves art or has a creative flair then they will enjoy entering an artwork in this year's Reflections program.

Students can submit their completed works of art in one or all of the available arts categories: Dance Choreography, Film Production, Literature, Music Composition, Photography, Visual Arts.

Entries will be judged on creative ability and interpretation of the theme. Each category has different entry rules. Please read them carefully before submitting.

**The deadline for student entries is October 20, 2022
at the Cougar Ridge Elementary front office.**

Submission guidelines

1. Download the PTSA Reflections Entry Form [here](#).
2. Fill out the form and scan it as a pdf document.
3. Upload your scanned entry form along with artwork, photo, and video of your entry [here](#).

Submission categories and requirements

- Student entry form is completed and signed by both parent/guardian and student. Students may submit in as many arts categories as they would like, however, only one entry per arts category is allowed.
- Original signed student entry form is attached to each entry outside of any sheet protector, plastic sleeve or wrapping.
- Title and artist statement (100 words or less) is completed.
- Drop your original project(s) at the Cougar Ridge Elementary School front office.

For more category specific submission guidelines refer below.



Dance Choreography

Originally choreographed dance composition.

Submission requirements can be checked [[here](#)]

Submission checklist:

- Accepted video file formats include: .AVI, .MOV, .MP4.
- Video file must not exceed five (5) minutes in length and 1GB (one gigabyte) in file size.
- Use of background music must be cited on the student entry form.
- Each entry must be the original work of one student only.
- Submit one (1) USB drive with the recorded performance saved as a file in a re-closable manila envelope.
- Label USB drive with student name, title of artwork, category, division, PTSA name.
- Original signed and completed student entry forms should be securely affixed to the front of the re-closable manila envelope in a sheet protector or plastic sleeve. **DO NOT** use resealable bags (i.e. Ziplocs).

Labeling and wrapping (image below)



Film/Video Production

Original works, with or without sound, of animation, narrative, documentary, experimental or music video/film.

Submission requirements can be checked [[here](#)]

Submission checklist:

- Accepted video file formats include: .AVI, .MOV, .MP4.
- Video file must not exceed five (5) minutes in length and 1GB (one gigabyte) in file size.
- Use of background music must be cited on the student entry form.
- Each entry must be the original work of one student only.
- Submit one (1) USB drive with the recorded performance saved as a file in a re-closable manila envelope.
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Literature

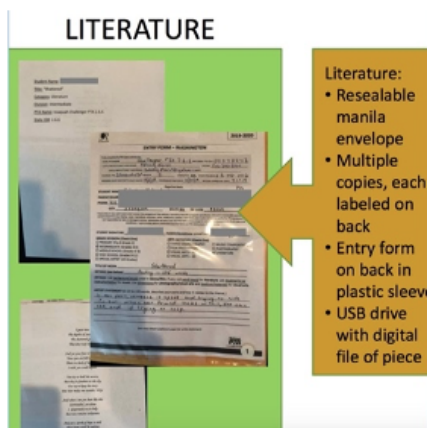
Works of fiction, nonfiction, poetry, prose, drama, short stories, and lyrics.

Submission requirements can be checked [[here](#)]

Submission checklist:

- Submit the original, typed or handwritten literature document and one copy in a re-closable manila envelope.
- Entries must be on 8.5 inch by 11-inch paper
- Entries must be single sided and include page numbers (if applicable).
- Entries must not exceed 2,000 words.
- Entries may be illustrated but will be judged on the written content. Graphic novels are acceptable.
- Mounted or bound entries are not accepted (no staples).
- Label back of the last page of entries with student name, title, category, division, PTSA name.
- Original signed and completed student entry forms should be securely affixed to the front of the re-closable manila envelope in a sheet protector or plastic sleeve. **DO NOT** use resealable bags (i.e. Ziplocs).

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Music Composition

Original musical composition, with or without words.

Submission requirements can be checked [[here](#)].

Submission checklist:

- Accepted audio file formats include: MP3 and WAV.
- Audio recording must not exceed five (5) minutes in length and 1GB (one gigabyte) in file size.
- Submit one (1) USB drive recording of the composition in a re-closable manila envelope.
- Label USB drive with student name, title of artwork, category, division, PTSA name.
- Original signed and completed student entry forms should be securely affixed to the front of the re-closable manila envelope in a sheet protector or plastic sleeve. **DO NOT** use resealable bags (i.e. Ziplocs).



Photography

Color or black and white, included techniques: photogram, negative sandwich, and multiple exposure.

Submission requirements can be checked [[here](#)]

Submission checklist:

- Print must be no smaller than 3x5 and no larger than 8X10 inches.
- Print must be mounted on sturdy material such as cardboard or poster board not to exceed 11x14 inches, including matting.
- Framed photos are not accepted.
- Dimensions must be at least 640x960 (pixels) and 300 dpi (resolution).
- Accepted file formats: JPEG, JPG, and PNG.
- Check visual arts vs. photography: art with added graphics/lettering over the images, collages, etc. must be entered as Visual Arts.
- Entries should be mounted on foam core, sturdy cardboard, mat board, or some other rigid material.
- Label back of entries with student name, title, category, division, PTSA name.
- Original signed and completed student entry forms must be securely affixed to the back of entry in a sheet protector or plastic sleeve, outside any wrapping. Form must be accessible.



Visual art

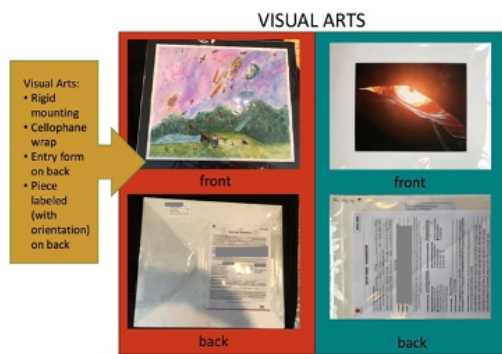
Drawing, painting in tempera, oil, acrylic, watercolor & t-shirt paints, computer generated art, two-dimensional collage, printmaking, needlework & leather tooling.

Submission requirements can be checked [[here](#)]

Submission checklist:

- Entries may be created on paper, canvas board, cardboard, hot or cold pressboard, or cut canvas.
- Entries should be mounted on foam core, sturdy cardboard, mat board, or some other rigid material.
- Submitted artwork may not exceed 24X30 inches, including a mat, or exceed 1/2 inch in thickness.
- No material (fabric, string, noodles, beans, beads, etc.) may move freely off the surface of a work.
- Take three (3) photos of 3D entries and mount photos on the same materials and size as 2D artwork. (Ensure there is good light and nothing behind 3D artwork when taking photos. Place on a contrasting surface.)
- Label back of entries with student name, title of artwork, category, division, PTSA name.
- Original signed and completed student entry forms must be securely affixed to the back of entry in a sheet protector or plastic sleeve, outside any wrapping. Form must be accessible.
- It is highly suggested to protect entries with transparent cellophane wrap designed for artwork. **DO NOT** laminate or use plastic food wrap.

Labeling and wrapping (image below)



For additional information or questions, please contact **Lana Williams** at **reflections@cougarridgepts.org**