

A time capsule that **reflects** the  
time a **virus** came to **Suffolk**.

**'THE ART OF BEING**

**2 METRES APART!'**

**£30 voucher  
for winner of  
each category**

**Two age  
categories:**

- **5-11**
- **12-19 (25  
with SEND)**

**2020 TIME  
CAPSULE  
COMPETITION**

**closing date - 1st  
September 2020**

**For more details** [\*\*www.thesource.me.uk/timecapsule\*\*](http://www.thesource.me.uk/timecapsule)



# 'The Art of being 2 metres Apart!' – A time capsule that reflects the time a virus came to Suffolk.

**Do you want to make history?** The Engagement Hub, part of Suffolk County Council's Children and Young People's services have launched a time capsule competition in partnership with Suffolk Archives and The Hold ([www.suffolkarchives.co.uk](http://www.suffolkarchives.co.uk)) to capture the moment in history when a virus called Covid-19 came to Suffolk and changed daily life as we know it. The closing date is 1st September.

The idea behind this time capsule competition is to help children and young people to express and share their feelings during this difficult time, which could include general reflections on daily life, ways in which we are adapting and how we are managing our fears and hopes. Also, to gather advice for future generations should they face a pandemic or significant period of change again.

To enter 'The Art of being 2 metres Apart' time capsule competition, simply submit something in the form of one of these three categories:

- **Artwork** - e.g. A drawing, painting, collage, animation or sculpture. Please do not send us your artwork, simply submit a digital photo of your creation. Please ensure that no faces appear in photographs.
- **Music** - e.g. A recorded song, rap or piece of music that you have composed (no more than 3 minutes long). Please send this to us as an MP4 file.
- **Creative Writing** - e.g. A poem, short story or diary entries. Please send this as a Word document.

There are two age groups: **5 to 11**, and the **12 to 19** (up to **25 with SEND**). For each of the three categories there will be one winner from each age group. The prize will be a £30 all4one voucher.

## Competition entry requirements:

- All entrants must confirm their full name, age, Suffolk location, a contact phone number and an e-mail address along with their entry which they submit by email to **[thesource@suffolk.gov.uk](mailto:thesource@suffolk.gov.uk)** by the closing date: **Tuesday 1st September 2020**.
- Children under 16 years old must have parental permission to enter and must provide the contact name and number of their parent/guardian when submitting their entry.
- You may enter as many times as you like over the coming months as we understand that the way you are feeling may change over time. However, you can only win once.
- Entrants will be judged by a panel of young people. Entrants with the most votes within each category and age group will be our selected competition winners who will each receive a £30 voucher prize.
- Winners will be notified by **Thursday 1st October 2020**.
- Some entries may be displayed as a public exhibition, once it is safe for us to do so. Therefore, **entrants must keep hold of their artwork/writing/music until 1st October**.
- All entrants must be from children and young people in Suffolk only.
- By submitting your entry, you are giving us permission to display your work via the internet in print and in an exhibition.
- We will only use the information provided for the purpose of the competition. You can view the Suffolk County Council Privacy notice on their website: <https://www.suffolk.gov.uk/about/privacy-notice/children-and-young-people-services-privacy-notice/>

We hope that 'The Art of being 2 metres Apart' time capsule will show the strength and spirit of young people in Suffolk and their journey of overcoming the day a virus came to Suffolk.



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