



Care to Self-care?

Contest Launch Date: 5 May 2025

Contest Deadline: 13 July 2025

How do you self-care?

Self-care looks different for everyone, and there's no one right way to do it. By sharing self-care ideas, we can inspire and support each other. So, how do you self-care?

Join us in creating a self-care tool that can help you and those around you. Using our provided template, design a simple, practical, and inspiring tool that others can use in daily life. Your idea could make a real impact!

Winning ideas will be brought to life, manufactured, and shared both online and offline. They'll also be showcased in public spaces, like libraries, during Mental Health Awareness Week in October. Be part of something meaningful!

Find prize details below 🏆

Who Can Participate?

- Entries are only open for year 9-13 students attending High School in the Auckland region
- Participants have the flexibility to take part either as individuals or as part of a group (max 4 people per group).

How to Enter the Contest?

1. Participants will develop their own creative ideas and/or designs to make a self-care tool which improves wellbeing (physical, mental, social, spiritual). The tool may benefit and encourage themselves and the people around them (e.g. family, friends, teachers, etc.) to reflect on their ways of self-care and reconsider the importance of self-care in their life journey.
2. To help guide your ideas for the contest, consider reflecting on the following questions:
 - a. What does self-care mean to you?
 - b. What would your ideal self-care routine look like?
 - c. What activities bring you joy, and how can you share that joy with others?
 - d. How do you manage stress, and what strategies work best for you?



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3. Complete your self-care tool idea proposal using the provided [template in pdf](#) or [word docx](#). Be sure to fill in all required sections, meet the minimum word counts, and clearly explain how your tool benefits both yourself and others. For guidance, refer to the examples on our website and the [rubric](#) outlining the judging criteria.
4. Submit your completed template through our [website](#) before the deadline (11.59pm 13th July 2025). Make sure to upload the signed parent/ legal guardian [consent form](#) along with your submission (each student must submit their own signed consent form).

Deadline for Contest

11.59pm on 13th July 2025 (Sunday)

The winners will be announced on [our Instagram](#) on 27th July (Sunday, subject to change), following the showcase at Waitakere Library in October (date TBC) 🎉

Selection Criteria, Judging Panel and Prizes 🏆

1. **First 5 Submission Prizes** – The first five submissions will receive a special prize of 4 FREE Gong Cha drink vouchers (submissions must meet minimum requirements*)
2. **Early Bird Winner** – Submit your entry before 20th June and go into the Prize Draw for a chance to win a JBL Go 4 Mini Bluetooth Speaker, valued at \$60 (submissions must meet minimum requirements*)
* Must get at least 1 point for each section in the [rubric](#)
3. **Final Winners** – One overall winner (\$300 Westfield voucher) and two runner-ups (\$200 Westfield voucher each) will be announced on 27th July (Sunday).

The winners will have the highest score, judged as follows:

- 25% originality and creativity
- 25% clarity and logical flow
- 25% compliance with requirements
- 25% feasibility & impact

The marking rubric can be found [here](#).

The judging panel comprises a Mental Health Professional(s) and members of Reconnect, each contributing equal weight to the final score.



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Frequently Asked Questions

Q. Are there any restrictions on what I can create?

A. Yes. Your self-care tool need to:

- ✓ Be Safe: Make sure it won't hurt anyone.
- ✓ Be Possible: It shouldn't cost more than \$50 to make one
- ✓ Be Good: It can't promote harmful behaviours or wrong information.
- ✓ Be Your Own: It should be an original concept or a significant creative improvement on something that already exists

Q. Do I have to [enrol](#) to enter the contest?

A. No, enrolling is not mandatory to enter the contest. However, we will send you tips and reminders through emails.

Q. Can I create a digital application (app)?

A. While digital components can be incorporated, the primary focus is on physical self-care tools. Standalone applications are not eligible for the main prize, but may be considered for the First 5 Submission Prizes and/ or Early Bird Winner Prize Draw.

Q. What if I can't use the Westfield Gift Card?

A. We want our winners to enjoy a wide range of options, which is why the Westfield Gift Card was chosen—it can be used at many different stores. If you have a valid reason and would prefer a different type of gift card, please get in touch with us to discuss possible alternatives. Please note that we are unable to offer a cash prize due to logistical reasons.

Q. Can I enter as part of a team, or do I have to participate alone?

A. You can enter individually or in a team of up to 4 people. If you work in a team, ensure to include all team members' names in your submission along with a consent form signed by each member's parent or legal guardian.

Q. I am an intermediate student. Can I enter the contest?

A. For the 2025 CSC Contest, only high school students aged between 13-18 can participate. We are exploring the possibility of including intermediate students in future contests.

Q. I live outside of Auckland. Can I enter the contest?

A. Sadly No. "Due to operational constraints, the contest is limited to students residing in Auckland. We intend to expand eligibility to wider New Zealand in the future.



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Q. When will the winners be announced?

A. Winners will be announced on 27th July (Sunday). Please note that this date is subject to change. For the latest updates and key date announcement, please follow us on [Instagram at @re_reconnect](#).

Q. What if I miss the July 13th deadline?

A. Late submissions may be accepted; however, entries received by the deadline will be prioritised during the judging process.

Q. Can I use existing products as inspiration for my tool?

A. Yes, existing products can serve as inspiration. However, the contest emphasises innovative and practical self-care tools. Please refer to [the judging rubric](#) for detailed requirements.

Q. What does 'Feasibility' mean in the judging criteria?

A: Feasibility refers to:

- ✓ Can one unit be made within a \$50 budget?
- ✓ Is it easy or realistic to produce and use?
- ✓ Would it work as intended?

Q. Who are the judges for this contest?

A. The judging panel will include a Mental Health Professional(s) and the team of Reconnect.

Q. How can I ask more questions if something isn't clear?

A. Please contact us via [Instagram \(@re_reconnect\)](#) or email (team@reconnectnz.org). We will get back to you as soon as possible.

Contest Terms & Conditions

1. **Deadline:** Entries close at 11:59pm (NZDT) on 13 July 2025 (Sunday).
2. **Originality:** Submissions must be original, unpublished, and not previously awarded. AI-generated entries will be disqualified.
3. **Language:** Entries may be submitted in Te Reo Māori, but must include an English translation.



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4. **Intellectual Property:** Contestants retain ownership of their submitted ideas but grant Reconnect a non-exclusive, perpetual, royalty-free license to use, modify, and distribute entries for educational and promotional purposes online, in publications, and in public displays, regardless of whether it wins. Reconnect may include its logo, and credit the author of the material if it is used.
5. **Profit & Commercial Rights:** Reconnect does not intend to commercially develop any submitted ideas. However, if any profit is generated as a result of the contest (e.g. through public engagement or future collaboration), all profits will belong to Reconnect and will be used for further charitable purposes. In such cases, we will contact the original author(s) to inform and seek their permission before proceeding. While no payment will be made to the author(s), their idea will contribute to a meaningful cause and support the wellbeing of others.
6. **Liability Waiver:** By submitting ideas or materials, contestants declare that they are the original authors and agree to hold Reconnect free from any liability that may arise due to third-party claims over submitted materials.
7. **Parental Consent:** Participants under 18 years of age must have a signed [parent/legal guardian consent form](#) to enter the contest. This form must be uploaded along with their submission to validate participation. By signing and uploading the [consent form](#) upon submission they must provide authorisation for the reproduction of a photographic image, audio and/or video of a student, and use and reproduction of material created by the student.
8. **Privacy & Data Protection:** Personal information will be managed according to the New Zealand Privacy Act 2020 and only used for contest-related purposes.
9. **Appropriate Content:** Submissions must be respectful, inclusive, and free from offensive or discriminatory content. Likewise, language must not be used that violates public order, morals, or good manners.
10. **Judging & Final Decision:** Entries will be assessed by the Reconnect judging panel. Judges' decisions are final and they are unable to provide feedback on individual entries. Refer to the marking rubric ([link here](#))
11. **Prize Disclaimer:** Participation does not guarantee a prize. Prizes are awarded based on the judging criteria outlined in the selection process.
12. **Public Recognition:** Winners agree to have their names and work, as well as their images, showcased in public events and online platforms, without resulting in any obligation with regard to compensation, payment, or remuneration of any kind.



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13. **Prize Ceremony:** Winners will be announced on our [Instagram](#) on 27th July (Sunday, subject to change), following the showcase at Waitakere Library in October (date TBC).
14. **Production & Distribution:** Subject to feasibility, winning or suitable entries will be produced in partnership with students and professionals and shared during/ leading up to Mental Health Awareness Week in October.
15. **Restrictions:** Reconnect staff, hired consultants, and their immediate family members may not enter the contest.

For any questions, contact us at team@reconnectnz.org



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