



Competition Rules and Guidelines

The goal of the Bright Schools Competition is to create a learning experience that will help students, parents and teachers better understand the link between light, sleep and student health and performance. Judges shall choose the winning entries, and prizes shall be awarded in accordance with these rules.

Once a team registers for the Bright Schools Competition, they agree that they have read and will adhere to the following rules and guidelines:

The competition administrators are the National Sleep Foundation (NSF) and National Science Teachers Association (NSTA). The Contest begins on August 1, 2016 with the beginning of the Submission Period and ends on February 6, 2017. 50 National Finalists and first, second and third place teams will be announced in April and May of 2017. All dates are subject to change.

Bright Schools Competition Eligibility:

- All entrants must be living within the United States, U.S. Territories or Canada and enrolled full-time in a public, private, charter or home school.
- Students must be currently enrolled in either sixth, seventh or eighth grade and under the age of 18.
- Teams must be registered online.

Each team consists of the following:

- Teachers/Coaches – adults over the age of 21 years of age that are affiliated with the school system and administers education of the light lessons and mentors the team.
- Students – teams of up to 4 students in grades 6-8.

Teachers/coaches can mentor multiple teams and teachers that would like to enter their entire classroom can enter all of their students. Teams must be registered separately and each team project must be unique. Teachers/coaches must attest that submissions consist of solely student work.

All teachers/coaches are encouraged to use the lesson plans provided on the Bright Schools Competition website.

How to Enter/Submission:

The Bright Schools Competition asks students to investigate an issue with sleep and light as it pertains to their community and/or young adolescents. Entries will be evaluated scientific accuracy, innovativeness, and potential impact. Project submission consists of a choice of exploration (development of prototype, awareness campaign or research proposal), written project and 3 minute video.

Each project is required to have both a written project and video. The written portion of the project should be in Microsoft Word or PDF and no more than three pages doubled spaced and in 12 point Times New Roman font. A cover page with the name of the project is permitted and will not be counted towards the page limit. Student names should not appear on the written paper. The sections of the written project must include the sections highlighted below.



- **Rationale**
The rationale should be based on research and should explain why students chose their identified problem/issue, and elaborate on the exploration route chosen and what was done.
- **Methodology**
Students need to identify their specific approach and what they did or plan to do to address the identified issue; the inclusion of pictures, graphs, interviews, timelines, etc. is encouraged. Explain the rationale behind the development of the prototype, awareness campaign and research proposal.
- **Next Steps**
In this section, students will explain what they learned and what they could do next with additional time and resources.
- **Bibliography**
All sources used in researching the paper and video must be referenced in the Bibliography. The Bibliography may be up to three pages in length and should include at least five sources that are clearly labeled and conform to MLA or APA citation standards. Students should strive for variety.

All projects must be submitted through the Bright Schools Competition online registration and submission [Portal](#). Incomplete projects will not be judged and will be disqualified. Teams must be registered to participate. Limit to one submission per team per contest period. Once a project is submitted, teams may not make any alterations. Teachers/coaches must attest that submissions consist of solely student work.

Judging:

The following areas are used to evaluate projects on a 100 point scale.

Rationale: 15 points

Clearly identify the source of inspiration for the project. Ensure that the project idea is relevant to the identified community within the paper. Support the idea chosen with robust independent research.

Project Description, Scientific Accuracy and Content: 35 points

Overall scientific content and accuracy. How well the details of the project are communicated in the written project. Use of scientific thinking when providing an overview of the project and includes a description of the potential impact (both pros and cons) to the highlighted community. Incorporates of an innovative and/or creative approach within the project.

Bibliography: 10 points

All sources used in researching the paper and video must be referenced in the Bibliography. Sources must be clearly labeled and should conform to MLA or APA citation standards. The Bibliography should include at least five sources. Students should strive for variety.



Next Steps: 15 points

Propose potential next steps of the project if given more time and resources. Utilize evidence and critical thinking supported by factual evidence.

Video: 25 points

The video should be no longer than three minutes in length. The video should be comprised of a short summary that supports the written documentation of the project and explain the exploration process. Visual aids of the exploration chosen, diagrams, posters, etc. are strongly encouraged. Use of artifact evidence, innovation, and creativity is also evaluated in this section.

Judging Process:

A two tier judging process will consist of educator and NSF expert reviews. Online judging begins on February 7 and ends on March 27, 2017. Educators on the judging panel will engage in the initial screening and evaluation (using the attached rubric) of projects. NSF judges will evaluate submissions through a scientific lens according to the same rubric as the educator judging panel. All student and Teacher/Coach names and schools will be withheld from the judging panel.

Notification of Finalists and Winners:

Becoming a team winner is subject to validation and verification of eligibility and compliance with all the terms and conditions set forth in these Rules. If a potential Team finalist or winner is disqualified for any reason, the Submission that received the next highest total score shall be chosen as the potential Team finalist or winner. Contest winners shall be selected, announced and posted to the Contest Site on or around April 30, 2017 and the associated team Teacher/Coach shall be notified by telephone and/or email, at Contest Administrator's discretion. The timing of notification of finalists and winners are subject to change.

Prizes:

Every student whose team submits a completed project will receive a certificate of participation. Fifty national finalists will be announced before national winners and received an addition prize, to be determined by the contest administrators. Student members of the first place national winning team each receive a cash prize of \$5,000. Second place national winning student members will each receive a cash prize of \$2,500 and student members of the third place winning team will each receive a cash prize of \$1,500. The teacher/coach of the first place national winning team will also receive a prize package, which includes Vernier Middle School Probeware (up to \$1,000 value), an all-expense paid trip to an NSTA conference, and membership to NSTA (up to \$3,000 value). The teacher/coach of the second place national winning team will receive an all-expense paid trip to an NSTA conference and membership to NSTA (up to \$2,100 value) and the third place national winning team teacher/coach will receive membership to NSTA and a \$500 gift certificate to use in the NSTA Science Store (up to \$500 value). The Bright Schools Competition will adhere to all applicable tax laws and regulations relating to the payment of awards, including any applicable required withholding. All taxes on awards, if any, will be paid by the winners.



Rights, Patents, and Trademarks:

The National Sleep Foundation and the National Science Teachers Association reserve the right to use a student's, teacher/coach's name, photograph, quote, likeness, descriptive essay or sample project for publicity and promotional purposes. Students who participate in the NSF/NSTA Bright Schools Competition retain rights to all ideas and products generated through their participation in the program. Neither NSF nor NSTA will attempt to patent any student work.

Personal Data:

Teams agree that personal data submitted with a project, including name, mailing address, phone number, and email address may be collected, processed, stored and otherwise used by NSF and NSTA for the purposes of conducting and administering the Bright Schools Competition. By entering the Competition, teams agree to the transmission, processing, disclosing and storage of this personal data by NSTA and NSF.

The Bright Schools Competition administrators reserve the right to modify the rules to the extent that is fair and appropriate. Modifications will be posted on the competition website.