



2026 Forest Hills Public Schools Foundation Middle School Essay Contest

The Forest Hills Public Schools Foundation invites
7-8 grade FHPS students to participate in its essay contest!

Writing Prompt: In celebration of the Foundations 40th anniversary, "what message would you contribute to a time capsule for students of Forest Hills 40 years from now?"

- **Who:** Any current FHPS 7-8 grade student.
- **What:** An original essay detailing the prompt above.
- **When:** Contest runs February 23 through March 27th, 2026. Essays must be emailed to FHPSFoundationcontests@gmail.com by 11:59 p.m., March 27, 2026.
- **Winners:** One winner will be selected and will receive a \$250 scholarship. The winner will be honored at the FHPS Foundation State of the Foundation Luncheon on May 7, 2026, at Watermark Country Club. The winning essay will be featured on the foundation's website, www.fhpsf.org, and social media pages.

Submission Guidelines:

1. All submissions must be the student's own, original work. Only one entry per student.
2. **Entry deadline: 11:59 p.m., March 27, 2026.**
3. Essay must be typed and double-spaced in a Google Doc.
4. Essay must be between 400-600 words; this word count is for the body of the essay, not the title or name, date, grade, school, etc.
5. All quotations and copyrighted material used must be identified and cited properly.
6. At the top of the essay in the upper left corner, the student should include their first and last name, grade, school, parent/guardian name and email, and date.
7. The essay must include a title.
8. The essay should be emailed to FHPSFoundationcontests@gmail.com.
9. Entries will be judged by a panel of individuals.
10. Winner will be announced online on the foundation's website, www.fhpsf.org, by Monday, April 20, 2026.
11. Questions? Please contact the foundation office, 616-493-8500.

The Forest Hills Public Schools Foundation is committed to celebrating the talents of our amazing students in our district.