

## CENTRAL WEST MUMS MUMMY AWARDS

### SUBMISSION REQUIREMENTS

1. Entry into this competition will only be accepted by Central West Mums (**CWM**) if the Entrant's submission is submitted to the CWM website in the form specified below for each category.
2. It is the responsibility of the Entrant to ensure that documents are in the required format and/or size prior to uploading the submission. The CWM Panel have the discretion to allow resubmissions if not in the form specified.
3. By submitting an Entrant's submission, the Entrant and Nominee accepts and agrees with the CWM Mummy Awards Terms and Conditions (the **Rules**)  
[https://www.centralwestmums.com.au/content/uploads/Mummy\\_Awards\\_TCs\\_V5.pdf](https://www.centralwestmums.com.au/content/uploads/Mummy_Awards_TCs_V5.pdf)

CATEGORY	SUBMISSION REQUIREMENTS
Mother of the Year	<ol style="list-style-type: none"> <li>1. Entry is open to all women who are a birth Mother, adoptive Mother, Grandmother, foster Mother and/or carer of children.</li> <li>2. Submission must include the following:               <ol style="list-style-type: none"> <li>a) Full name, email address, town and postcode within the Central West area.</li> <li>b) A profile picture that is a square image approx. 400px x 400px Max 2mb, with a short bio, describing the Entrant in less than 10 words.</li> <li>c) A written profile in 250 words or less detailing the following (as may be applicable):                   <ol style="list-style-type: none"> <li>i) how many children the Entrant has in her care;</li> <li>ii) how the Entrant embodies traits that are highly regarded in mothers;</li> <li>iii) any hardship the Entrant has overcome and came out stronger;</li> <li>iv) any interest in the community by participation in programs and services that enrich the community, mothers, children or family life;</li> <li>v) how the Entrant exemplifies in her life and conduct the power of a mother's inner strength to deal with the successes and challenges in life and motherhood;</li> <li>vi) how the Entrant juggles the demands of motherhood and life; and/or</li> <li>vii) if the Entrant has a child over the age of 6 years in her care, she can include a handwritten note by the child about why they think the Entrant is the best mum.</li> </ol> </li> </ol> </li> </ol>
Business of the Year	<ol style="list-style-type: none"> <li>1. Entry is open to small businesses (less than 100 employees and with an ABN) located within the Central West area.</li> <li>2. Entrants must have been in business for 2 years or more.</li> <li>3. Submission must include the following:               <ol style="list-style-type: none"> <li>a) Full name, email address, town and postcode within the Central West area.</li> <li>b) A profile picture that is a square image approx. 400px x 400px Max 2mb, with a short bio, describing the Entrant in less than 10 words.</li> </ol> </li> </ol>

	<p>c) A written profile in 250 words or less detailing the following (as may be applicable):</p> <ul style="list-style-type: none"> <li>i) achievements and successes of the business;</li> <li>ii) examples of what the business is doing to be a sustainable, environmentally friendly business;</li> <li>iii) how the business has helped, supported and/or shaped the local community;</li> <li>iv) whether the business sponsors any community groups or donates to local causes;</li> <li>v) how the business demonstrates an outstanding customer focus; and/or</li> <li>vi) whether the business is a unique offering in the Central West area.</li> </ul>
<p>Angel of the Year</p>	<ol style="list-style-type: none"> <li>1. Entry is open to volunteers or unpaid workers who reside within the Central West area.</li> <li>2. Submission must include the following: <ul style="list-style-type: none"> <li>d) Full name, email address, town and postcode within the Central West area.</li> <li>e) A profile picture that is a square image approx. 400px x 400px Max 2mb, with a short bio, describing the Entrant in less than 10 words.</li> <li>f) A written profile in 250 words or less detailing the following (as may be applicable): <ul style="list-style-type: none"> <li>i) what inspired the Entrant to start volunteering in the first place;</li> <li>ii) the Entrant's 'angelic' qualities, eg – willingness to help, sacrificing spare time, infinite patience, humility;</li> <li>iii) the Entrant's achievements and successes in the volunteering role; and/or</li> <li>iv) the impact the Entrant's actions have had on others.</li> </ul> </li> </ul> </li> </ol>
<p>Hero of the Year</p>	<ol style="list-style-type: none"> <li>1. Entry is open to frontline workers and support workers who reside within the Central West area. This can include men and women employed as or by (or who volunteer with) police, paramedics, firefighters, SES, doctors, nurses, rehabilitation physicians, disability services, aged care services and the like.</li> <li>2. Submission must include the following: <ul style="list-style-type: none"> <li>a) Full name, email address, town and postcode within the Central West area.</li> <li>b) A profile picture that is a square image approx. 400px x 400px Max 2mb, with a short bio, describing the Entrant in less than 10 words.</li> <li>c) A written profile in 250 words or less detailing the following (as may be applicable): <ul style="list-style-type: none"> <li>i) name of the employer or past employer; and/or</li> <li>ii) what is the Entrant's Heroic quality? This might include saving someone's life, risking their own life, standing up for others, being a role model, taking risks, being a good leader etc.</li> </ul> </li> </ul> </li> </ol>

<p>Garden of the Year</p>	<ol style="list-style-type: none"> <li>1. Entry is open to established (over 5 years) residential gardens of any size located within the Central West area.</li> <li>2. Submission must include the following: <ol style="list-style-type: none"> <li>a) Full name, email address, town and postcode within the Central West area.</li> <li>b) A profile picture that is a square image approx. 400px x 400px Max 2mb, with a short bio, describing the Entrant in less than 10 words.</li> <li>c) Up to 10 photographs of the garden including (if applicable) at least one colour painted aspect (eg, a wall or courtyard). This can include before and after photos.</li> <li>d) A longer written profile in 250 words or less detailing the following (as may be applicable): <ol style="list-style-type: none"> <li>i) inspiration for the garden;</li> <li>ii) the age of the garden;</li> <li>iii) plant selection for the climate region;</li> <li>iv) use of drought resistant plants or trees;</li> <li>v) use of insect or native bird/animal attracting plants or trees;</li> <li>vi) who designed and/or created the garden; and/or</li> <li>vii) what is done with any produce from the garden.</li> </ol> </li> </ol> </li> </ol>
<p>Educator of the Year</p>	<ol style="list-style-type: none"> <li>1. Entry is open to male and female classroom educators at all levels of classroom based education (early childhood, preschool, primary, senior/secondary and tertiary) who reside within the Central West area.</li> <li>2. Submission must include the following: <ol style="list-style-type: none"> <li>a) Full name, email address, town and postcode within the Central West area.</li> <li>b) A profile picture that is a square image approx. 400px x 400px Max 2mb, with a short bio, describing the Entrant in less than 10 words</li> <li>c) A longer written profile in 250 words or less detailing the following (as may be applicable):</li> <li>d) the name of the Entrant's employer, school or educational institution; <ol style="list-style-type: none"> <li>i) how long the Entrant has been working in the education profession;</li> <li>ii) what qualifications the Entrant has (both in teaching and outside pursuits that shape their classroom teaching);</li> <li>iii) what is unique about the Entrant that sets them apart from other educators, their teaching philosophy and pedagogy;</li> <li>iv) key vocational achievements and successes, including any stories about how the Entrant has impacted positively on a student's life; and/or</li> <li>v) how the Entrant is or has the potential to help shape the future of education practice in rural and regional NSW.</li> </ol> </li> </ol> </li> </ol>