



2025-2026 ATT Pogrud Family Essay Contest Rules

1. **Essay Content: Select one of the topics listed below:**
 - a. Explain how an historical event influences Jewish life today.
 - e.g.: *Yetzias Mitzrayim*, Discovery of America, Creation of the Printing Press, the Internet
 - b. Create a poem, play, speech, memoir, personal essay, journal, diary, short story, letter or other type of creative writing on a Jewish theme, idea, personality, event, or holiday. Be sure to include details, facts, customs, etc. to illustrate your knowledge of the subject.
 - e.g.: Write a short story with its characters being Jewish ritual objects representing different Jewish holidays.
 - e.g.: Write a diary as a *mezuzah* recording its travels through Jewish history.
 - c. How my family has shaped my Jewish identity
 - d. Explain a *Tefilah* (prayer) from the *Siddur* or a passage from *Tehillim* and its special meaning to you and the role it plays in your life.
 - a. e.g.: *Shema*, *Yoshev B'seter* (91) and what I think about when I recite it.
 - e. Write a summary of one of the *Sifrei Tanach*.
 - f. Describe a modern problem and show how our sacred texts deal with the problem.
 - e.g.: Sanctity of Human Life; Anti-Semitism
2. **Length of essay: 150 - 500 words**
3. **All essay submissions must include an essay title, first name, last name, home address (city, state, zip, & apartment # when applicable), email address (student or parent), grade, and school in order to be eligible.**
4. **If submissions are hand-written: essays must be legible, done in blue/black ink, written on one side of the paper.**
5. **Deadline: Wednesday, January 14, 2026, by 5:00 p.m.**
6. **Prizes: \$50.00 per winner (In 2024-2025, 42 ATT students were Pogrud Family Essay winners!)**
7. Essays may be **submitted** by:
 - **Mail:** ATT – Pogrud Family Essay Contest
3531 Madison Street
Skokie, IL 60076
 - **Email:** pogrundessayart@att.org
 - **Online:** Go to <https://www.att.org/essay-contest/>
8. **FOR TEACHERS Only: If done as a class assignment, please be sure to:**
 - Include the Pogrud Family Essay **CLASS COVER SHEET** with class submissions. To download sheet visit: <https://www.att.org/essay-contest/>
 - Have each student include an essay title, his/her first and last name, home address (city, state, zip and apartment # when applicable), email address (student or parent), grade, and school on all pages of his/her submission.
 - If submissions are hand-written: must be legible, done in blue/black ink, written on only one side of the paper.
9. **Pogrud Family Essays will be judged on these criteria:**
 - **Following directions – Be sure to include your heading and an essay title.**
 - Content/research/originality and creativity
 - Mechanics (grammar, spelling, etc.)
10. All submitted essays are the property of the ATT and may be published in an ATT publication. Please retain a copy of your submission for your records. Winners may be requested to resubmit their essays electronically.