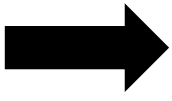
# 2026-2027 ATT Pogrund Family Essay Contest Rules

1. **Essay Content: Select one of the topics listed below:**
    1. **Explain how an historical** event influences Jewish life today.
        - e.g.: *Yetzias Mitzrayim,* Discovery of America, Creation of the Printing Press, the Internet
    2. **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.
    3. **How my family** has shaped my Jewish identity
    4. **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.
    5. **Write a summary** of one of the *Sifrei Tanach*.
    6. **Describe a modern problem** and show how our sacred texts deal with the problem.
        - e.g.: Sanctity of Human Life; Anti-Semitism
    7. **You find a mysterious note** tucked inside a Chumash. What does it say, and what happens next?
    8. **What does it mean to be a good friend** according to the Torah? Provide examples to support your answer.
    9. **Your class is organizing a chesed project.** What need in your community would you address, and how would you encourage others to participate. Alternatively, write an original story about organizing a chesed project.
    10. **Imagine you could travel back in time to the days of the Beit Hamikdash.** What would you most want to see and why? Which person from that time would you want to meet, and what questions would you ask them? Explain what you hope to learn from this experience and how it might deepen your understanding of Jewish history and traditions.
    11. **Describe a time when you had to stand up** for someone who was being left out or treated unfairly. How might the mitzvah of loving your fellow Jew guide your actions?
    12. **Is it more difficult to do the right thing when nobody is watching?** Explain your opinion using examples from Jewish teachings or everyday life.
    13. **What does it mean to develop your own relationship with Hashem** while learning from your family, teachers, and community? How can you learn from others while building your own *emunah*, understanding, and connection with Hashem? Write as an essay or another creative way to express your thoughts.
    14. **Imagine that you could ask Moshe Rabbeinu one question**. What would you ask and why?
    15. **The Meaning of Teshuvah.** Is saying "I'm sorry" enough to repair a mistake? Explain the steps involved in genuine *teshuvah* and discuss how a person can demonstrate sincere regret and a commitment to change through actions. Use specific examples to illustrate each step. Alternatively, write an original story about a character who makes a mistake and goes through the steps of *teshuvah*, showing how the character learns from the experience and makes a sincere effort to change.



## 2026-2027 ATT Pogrund Family Essay Contest Rules continued

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 (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 13, 2027, by 5:00 p.m**.

6. **Prizes: $50.00 per winner (In 2025-2026, 58 ATT students were Pogrund Family Essay winners!)**

7. Essays may be **submitted**:
   - **Online**: https://www.att.org/essay-contest/
   - **Email**: pogrundessayart@att.org

8. **FOR TEACHERS Only: If done as a class assignment, please be sure to:**
   - **Encourage students to use the online essay form.**
   - Complete the Pogrund Family Essay Contest **CLASS COVER SHEET** and email to pogrundessayart@att.org.
   - Remind each student to include an essay title, his/her first and last name, home address (city, state, zip and apartment # when applicable), parent email address (not a school email address), grade, and school on all pages of his/her submission.

9. **Pogrund 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.