




Dear Prince Edward County Families,

We have been working hard planning 4-H programs for the new school year to meet the needs of Prince Edward County. This packet will give you an overview of what Prince Edward 4-H has to offer and explain how your family can become involved in the nation's largest youth development organization.

What makes 4-H unique? We are the youth development program offered through Virginia Cooperative Extension and our focus is kids learning by doing. We bring research-based information from our land grant universities – Virginia Tech and Virginia State University – to the youth in our community. The mission of 4-H is to develop leadership, citizenship, and life skills. We offer programs for youth ages 5 – 19 that are designed to meet the identified needs of Prince Edward County residents. Extension Agents are educators who provide hands-on learning experiences.

For highlights of some of our recent activities, look for us on **Facebook and Instagram** by following **#princeedward4H or #PE4H**. We want to continue growing our program as we move into a new school year and new 4-H year. **Read on to find out how 4-H is for YOU!**

Sincerely,



Jake Morgan
Extension Agent, 4-H Youth Development

Please visit the following for online registration or use the QR code:

<https://tinyurl.com/PE4Hregistration>



*These materials and the activity described herein, are not sponsored or endorsed by the Prince Edward County School Board

Invent the Future

Opportunities to Participate in 4-H during the 2019-2020 School Year

4-H After-School Programs

Baking

This is one of two brand new afterschool programs being offered this year! This will be an exciting and fun program that offers participants the basics of successful and safe baking skills while getting to create some amazing baked goods. The cost for the program is \$35 to cover materials and ingredients. This group will meet in the Conference Room at the Prince Edward Extension Office from 3:45 – 5:30 p.m. on the following **Wednesdays**:



- September 25
- October 30
- December 11
- January 29
- March 4
- April 15
- May 13

Food Science

This is the second new afterschool option this year. This program will prove to be an exciting way for kids to explore all kinds of new things about their food. One part of the program will be “The Power of Protein Chemistry.” Activities include cracking, separating and different ways of cooking eggs, and using egg whites to make soufflés. It also includes “The Secrets of Baking” with activities exposing the gluten generated by different types of flour, experimenting with different types of leavening, and exploring how different ingredients and mixing affects the final results of baked goods. This program is open to kids in 5th grade or above and the cost for the program is \$35 to cover materials and snacks. This group will meet in the Conference Room at the Prince Edward Extension Office from 3:45 – 5:30 p.m. on the following **Wednesdays**:

- October 2
- November 6
- December 18
- February 5
- March 11
- April 22
- May 20

Junior Master Gardener: Elementary Grades 3-5

- This is a program for youth in grades 3 – 5 that focuses on Level One of the Junior Master Gardener Curriculum. Led by Josie Fletcher, the class will meet on the **Mondays** listed below from 3:45 – 5:30 at the Extension Office. Meetings will begin in September and go through the spring. The Wildlife Gardener program focuses on habitats, birds, mammals, reptiles and amphibians, insects, and caring for the environment. The curriculum was developed with input for the National Wildlife Foundation. Participants will also have the opportunity to go to Hokie Bugfest at Virginia Tech on Saturday, October 5th. Youth who complete the program will be certified as Junior Wildlife Gardeners. Space is limited. Cost is \$20 which includes snacks and all materials.



- September 9
- September 23
- October 7
- October 21
- November 4
- November 18
- December 2
- January 13
- February 3
- February 24
- March 9
- March 23
- April 13
- April 27
- May 11

Junior Master Gardener: Middle School Grades 6-8

- This is a program for youth in grades 6 - 8 that focuses on Level Two of the Junior Master Gardener Curriculum. Completion of Level One is NOT required to participate. Led by Josie Fletcher, the class will meet on the **Mondays** listed below from 3:45 – 5:30 at the Extension Office. Meetings will begin in September and go through the spring. The curriculum was developed with input for the National Wildlife Foundation. Participants will also have the opportunity to go to Hokie Bugfest at Virginia Tech on Saturday, October 5. Youth who complete the program will be certified as Junior Wildlife Gardeners. Space is limited. Cost is \$20 which includes all materials.

- September 16
- September 30
- October 14
- October 28
- November 11
- November 25
- December 9
- January 27
- February 10
- March 2
- March 16
- March 30
- April 20
- May 4
- May 18

Cooking with Cloverbuds

Cooking with Cloverbuds is an after-school program for youth ages 5 – 8. Participants learn safety in the kitchen through hands-on experience creating tasty dishes to take home. Cost is \$35 for the series to cover food and supplies. *Maximum number of participants is 12.* Classes will be held in the Prince Edward Extension Office Conference Room from 3:45 – 5:30 p.m. on the following **Wednesdays**:

- October 16
- November 20
- January 15
- February 19
- March 25
- April 29



Fun with Foods!

Fun with Foods! is our after-school cooking class for youth ages 9 – 13. Participants learn to read and follow a recipe while learning safety and cooking skills. All this while creating a delicious dish to take home. Cost for the series is \$35 to cover food and supplies. Maximum number of participants is 12. Classes will be held in the Prince Edward Extension Office Conference Room from 3:45 – 5:30 p.m. on the following **Wednesdays**:

- September 18
- October 23
- December 4
- February 26
- April 1
- May 6

Fur and Feathers

This program will focus on the raising and handling of small animals. We will work through 4H Project Books on an animal of the participants choosing. You can choose from rabbits, chickens, cats, dogs, or any other small animal with prior approval. Owning of the animal is not required if you want to just learn about the animals instead. We will meet on the following **Tuesdays**.

- 9/17
- 10/15
- 11/19
- 1/21
- 2/18
- 3/17
- 4/28

Food Challenge!

Are you a fan of *Chopped* or similar TV shows featuring food competitions? If so, you may want to check out our 4-H Food Challenge program. Based on a model developed by Texas 4-H, this program challenges teams of 4-H members to create a dish using only a predetermined set of ingredients and supplies. Under the leadership of professionally trained chef Josie Fletcher, team members must use the ingredients to identify and prepare a dish, then make a presentation about it to the judges. In Virginia, there is a district level competition for junior teams (ages 9 -13) and senior teams (ages 14 – 18). Winning senior level teams may opt to compete at the state level at 4-H Congress. Concurrent enrollment in our skills class, Fun With Foods, is required unless special permission is granted. Participants may be asked to participate in another Wednesday cooking program instead of “Food Challenge” if needed. Cost for the series is \$35 to cover food and supplies. *Maximum number of participants is 20.* Sessions will be held in the Prince Edward Extension Office Conference Room from 3:45 – 5:30 p.m. on the following **Wednesdays**:



- September 4
- October 9
- November 13
- January 8
- February 12
- March 18

4-H STEM Club

This is a program for youth ages 9 and above (for ages 5-8, see STEM Club for Cloverbuds below). We will explore all things STEM (Science, Technology, Engineering, and Math) and have a great time. We will learn about the responsible use of drones and how to safely use them. We will also focus on robotics, utilizing several LEGO robotic kits along with coding. Last years program was a lot of fun and will surely fill up soon. Space is limited to 10 participants. The cost is \$20 for snacks and supplies. The group will meet from 3:45 – 5:30 in the Conference Room at the Prince Edward Extension Office on the following **Tuesdays**:

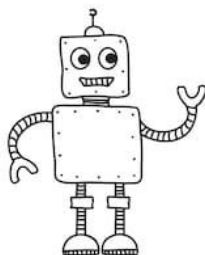


- September 3
- October 1
- November 5
- December 3
- January 7
- February 4
- March 3
- April 14



4-H STEM Club for Cloverbuds (ages 5-8)

This is a program for youth ages 5 – 8. We will explore science and the scientific method with fun, hands-on activities. Cost is \$20 to cover materials and a snack. Space is limited to 10 cloverbuds. The group will meet from 3:45 – 5:30 in the Conference Room at the Prince Edward Extension Office on the following Tuesdays:



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- September 10
- October 8
- November 12
- December 10
- January 14
- February 11
- March 10
- April 21



A couple of important notes regarding after-school programs:

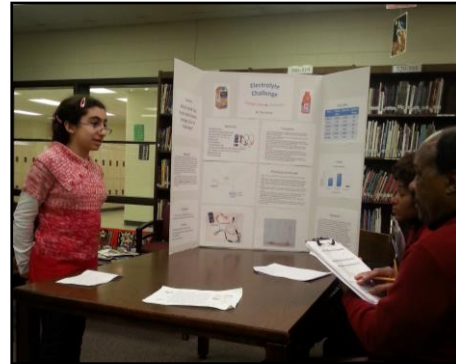
Transportation: Prince Edward County Public Schools and Fuqua School have been very supportive of 4-H programs and have traditionally offered bus transportation to the Extension Office. Information will be sent out after the school year begins about what bus to ride to the Extension Office. Please keep in mind, our office CAN NOT make bus transportation arrangements. If you need for your child to ride the bus to a program, please make those arrangements directly with the school. **If your child does ride the bus, please let us know so that we can be outside waiting to greet them.**

Prince Edward 4-H after-school programs inclement weather policy: In the event of questionable weather, Prince Edward 4-H follows the Prince Edward County Public Schools schedule. If Prince Edward schools are closed or close early, we will NOT have after-school programs. We will make every effort to reschedule cancelled programs.

In-School 4-H Programs

This year, our 4-H in-School programs will focus on science enrichment. At PECES we will offer hands-on science activities with 3rd & 4th graders, supporting the scientific investigation SOL and problem based learning. At PECMS, we will work with 5th, 6th and 7th grade classes on the 4-H Science Fair project. Each student will work through the scientific method and complete an experiment of their choosing. Students will have the opportunity to present their projects to a team of volunteer judges. Students with outstanding projects will be invited to participate in the

Central District 4-H Contests in the spring. We will also offer our **embryology program** to interested teachers, continue our **Ecology Club** at the Middle School, and provide support to the **Edible Schoolyard Project** at PECMS.



4-H Workshops

Apple Day!

Friday, September 13th is a teacher work day for Prince Edward Public Schools. Similar to last year and Pumpkin Day, we are offering an Apple Day. We will be visiting a local Apple Orchard and preparing several recipes with apples as the main ingredient. This will be a lot of fun but space is limited. It is for ages 9+ and will be held on **Friday, September 13th from 9:00 to 5:00** (let me know if you need to pick up a little later due to work). Please pack a lunch. The cost of this workshop is \$20 for supplies and ingredients.

Volunteer Led 4-H Clubs

Riding Star 4-H Horse and Pony Club

This club, based out of GLC Horse Haven Farm, is Prince Edward County's longest standing 4-H Club. It is run by volunteer Cathy Duker. For more information on joining the horse club, please contact the Extension Office at 392-4246.



Full Circle 4-H Club

The Full Circle 4-H Club is a community club that was established in 2016. It is run by Angela Whittaker and Judy Chambliss and held at the Full Circle Nature School in Rice, Virginia. It is geared toward the home-school community but anyone is welcome. For more information on the Full Circle 4-H Club, please contact the Extension Office at 392-4246.

Wranglers Livestock Club

The Wranglers Livestock Club will focus on larger livestock with the intention of showing in a livestock show. They focus on how to successfully raise livestock as well as showmanship skills. Owning the livestock is NOT required! If you would like to join us and learn about the animals before owning, that is perfectly acceptable.

Summer Programs

Prince Edward 4-H offers a variety of programs throughout the summer. Those planned for summer 2020 include:

- **Cloverbud Camp** – an overnight camping experience at Holiday Lake 4-H Center for youth ages 5 – 8 (usually a weekend in mid-June)
- **Junior 4-H Camp** – an overnight camping program for youth ages 9 – 13 held at Holiday Lake 4-H Educational Center; dates will be announced in the fall
- **State 4-H Congress** – state level competitions and workshops for senior 4-H members (ages 14 – 18) held on campus at Virginia Tech
- **Camp Loud and Clear** – a weekend camp for deaf and hard-of-hearing youth ages 8 and older held at Holiday Lake 4-H Center in July
- **Farm to Fork Camp 2020** – a day camp for those 9 years old and above. They will learn about everything food – where food comes from, food safety, and basic cooking skills. Mornings are spent visiting local farms with the afternoons spent cooking with ingredients collected at these farms.
- Other volunteer-led day camps may be scheduled. **Look for more information of summer offerings in Spring 2020**

Programs Offered at Holiday Lake 4-H Educational Center

Holiday Lake 4-H Educational Center offers a diverse menu of natural resources education programs for school groups from kindergarten through high school. They also offer teambuilding and high/low ropes programs for all ages. If you are interested in scheduling a program at the 4-H Center, please contact Tamara Lewis at (434)248-5444.

The 4-H Center offers weekend specialty camps for youth throughout the year, in addition to a broad variety of adult educational programs. Adult programs include everything from outdoor survival weekends to decoy carving and banjo making workshops. To see what Holiday Lake 4-H Center has to offer, please visit www.holidaylake4h.com.



Volunteer Opportunities



Without volunteers our 4-H program can't grow. If you have a talent or an interest that you would like to share with local youth ages 5 – 18, please consider giving your time to 4-H. Volunteers can participate in many different ways with all levels of time commitment. Some volunteers lead short-term special interest after-school programs. Some will volunteer to lead a half-day workshop. Others lead clubs that meet once a month. We also need volunteers to help judge 6th and 7th grade science fair projects. We can always use extra eyes and hands for programs like cooking and sewing.

There is a significant movement statewide to bring back traditional **4-H community clubs** like our Full Circle 4-H Club.

These are clubs composed of families that live in the same part of the county. They elect officers and hold monthly meetings, often at a church or community center. Members of community clubs will generally choose their own projects and work on them with the support of parents and club leaders. Members will make a presentation to the club as they complete their work and qualify for district level contests. Community clubs often take on service projects and plan and work on them together. A successful community club requires a couple of people who are willing to commit to take the lead as well as a group of supportive parents. The value in a community club is that members often have long-term involvement, allowing them to advance to higher levels in their project areas and take on leadership roles in the club.

If you are interested in becoming a 4-H volunteer, please contact me at jake78@vt.edu or 392-4246.

Prince Edward 4-H Program Registration Form

Parent/Guardian Name	
Complete Mailing Address	
Daytime Phone	
e-mail address	

I would like to register my child for the following 4-H Program(s):

Check Here	Program	For Ages	Cost	Name of Child	Age
	Junior Master Gardener: Elementary Gr. 3-5	Grades 3-5	\$20		
	Junior Master Gardener: Middle School Gr. 6-8	Grades 6-8	\$20		
	Cooking with Cloverbuds	Ages 5 - 8	\$35		
	Fun with Foods!	9 and older	\$35		
	Food Challenge!	9 and older	\$35		
	Baking	9 and older	\$35		
	Food Science	5 th graders and up	\$35		
	4-H STEM Club	9 and older	\$20		
	4-H STEM for Cloverbuds	Ages 5-8	\$20		
	Fur and Feathers	9 and older	\$15		
	Apple Day!	9 and older	\$20		
For information on the Riding Star 4-H Horse Club and Full Circle 4-H Club, please call the Extension Office at 392-4246 or email jake78@vt.edu .					

A packet of information will be mailed to each participant as the date of the program approaches. This packet will include a 4-H Member Enrollment Form, Code of Conduct, and Health History Form.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Jake Morgan, Prince Edward Extension Office at (434)392-4246/TDD* during business hours of 8:00 a.m. and 4:30 p.m. to discuss accommodations 5 days prior to the event.

*TDD number is (800) 828-1120.

Please return this form with payment to VCE – Prince Edward, P.O. Box 322, Farmville, VA 23901. Checks should be made payable to Treasurer, VT. If you have questions, please call the Extension Office at 392-4246 or email jake78@vt.edu or sheldae@vt.edu.

