

CALDWELL COUNTY 4-H SES SUMMER EXPLORATE R EXPLORATE R The second of t

THANK YOU

LETTER TO PARENTS AND GUARDIANS

Thank you for allowing the youth in your life to share their summer with us. As 4-H, we value youth development through hands-on learning in a safe environment. We are also a proud member agency of United Way.

Our Junior Leaders and caring adult volunteers are positive role models and want to spend time with youth in our community. They're working to do what the 4-H motto explains: To Make The Best Better!

We are excited to see new and returning faces as we meet in new ways this summer. Please don't hesitate to contact our 4-H Youth Development Agent Sarah Moyer with questions you may have.

We look forward to exploring with you this summer!

Sincerely, Caldwell County 4-H





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REGISTRATION

HOW TO REGISTER

All Summer Exploring programs are free of charge this year. Registration takes place on Eventbrite, beginning May 11. Then, youth must enroll in 4-H prior to the start of the selected program. Enrollment is free, and can be completed at https://nc.4honline.com/.

Reference the step-by-step guide, included at the end of this catalog, when enrolling in 4HOnline. If you have issues registering, please contact us.

ABOUT 4-H

4–H is a voluntary, educational program for youth ages 5-18. Our approach to youth development is through hands-on learning. **In 4-H, we believe in the power of young people.** We see that every child has valuable strengths and real influence to improve the world around us.

The three main program areas are STEM and agriculture, healthy living and civic engagement, and the four H's stand for Head, Heart, Hands, and Health.

Nationally, our network of 500,000 volunteers and 3,500 4-H professionals provides caring and supportive mentoring to all 6 million 4-H'ers, helping them grow into true leaders today and in life. There are a number of 4-H Clubs and programs offered in Caldwell County, including these Summer Exploring programs.

ABOUT N.C. COOPERATIVE EXTENSION

4-H is delivered by Cooperative Extension. **N.C. Cooperative Extension has offices in every county of North Carolina and the Eastern Band of Cherokee**, and works to help improve the land, lives and economies of North Carolina.

WALK: THE APPALACHIAN TRAIL

Taking a walk will not just be about walking this summer, if you sign up for Walk: The Appalachian Trail. This program encourages youth ages 5-18 to join a walking team, learn about nature and hiking, and enjoy being outdoors, as we walk the length of the Appalachian Trail together. That's about 5,000,000 steps!

There are physical and mental health benefits to participating in this type of activity. Walking teams, led by local youth, will not meet in-person but have forms of regular communication to stay connected. We also encourage participants to make new friends on their walking team, as they work toward a common goal.

encourage their families to move with them.

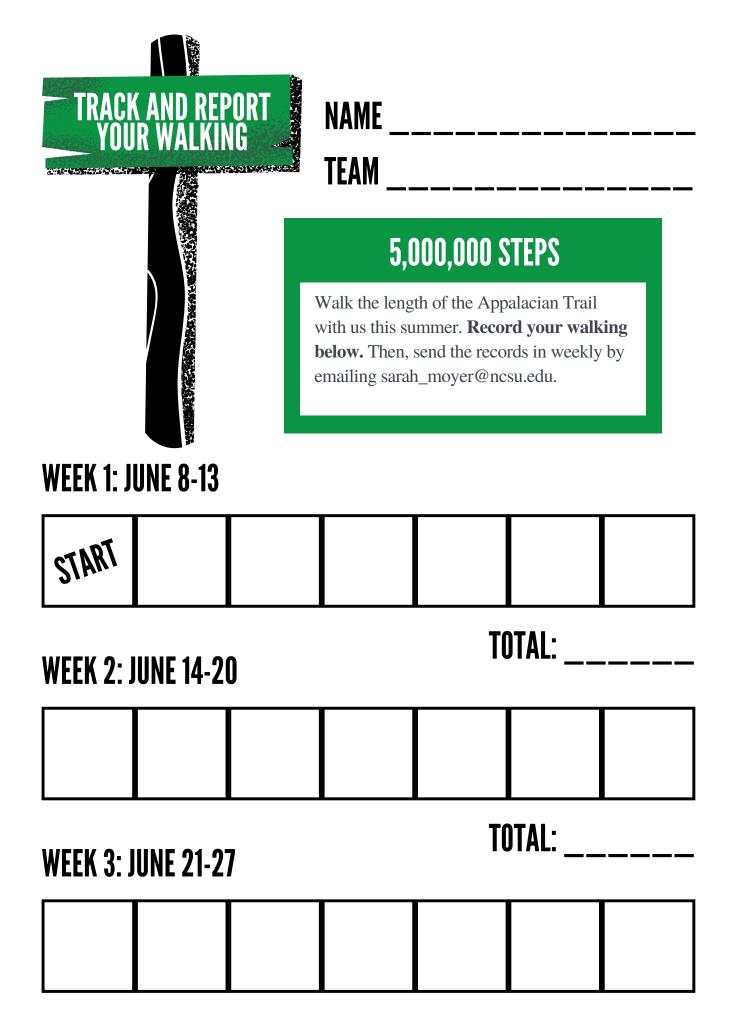
Youth can also

Individuals who go above and beyond with their walking will be recognized and rewarded, as healthy living is one of 4-H's program areas.

Youth will be expected to track their walking and send in their totals. Then, team and county totals will be shared with all participants. The next pages show you when to begin logging your walking. If you cannot track steps, track miles or time spent walking; and we can convert this information.

The program will begin June 8 and conclude July 31. Register online to join in the fun!

FOR AGES 5-18



WEEK	4: JUNE 2	28-JULY 4			
WEEK	5: JULY 5	-11	T(OTAL:	
WEEK	6: JULY 1	2-18	T(TAL:	
WEEK	7: JULY 19	9-25	T(TAL:	
WEEK	8: JULY 2	6-31	T(TAL:	
					END
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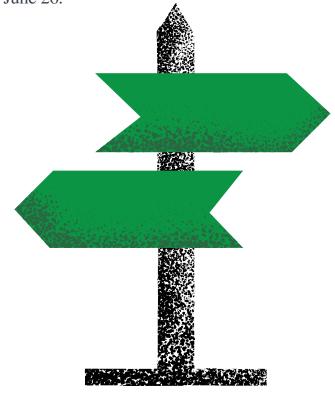
STEPS TO HEALTH KIDS CLUB

Get online and join the fun with our virtual nutrition camp - Steps to Health Kids Club!

Nutrition and physical activity are essential for a healthy life.

Kids in particular are still growing, and the combination of the two components is important for their physical, mental, and emotional development.

Sessions will be from 9:30-10:30 a.m., beginning June 8. Kids Club will meet on Mondays, Wednesdays and Fridays until June 26.



Steps to Health Kids Club is designed to teach youth about nutrition and physical activity in a fun and engaging way through activities and games.

The program consists of eight sessions - each one hour in length. Topics include ways to be active inside and outside, participating in activities to improve their heart and bone health, eating more fruits and vegetables, drinking more water, and much more.

Kids will have fun and be challenged at the same time by learning to make healthier food choices and getting creative with activities all from the comfort of their home.

Participants are awarded a certificate of participation at the completion of the program in addition to a jump rope, recipe and nutrition activity book, water bottle and stickers.

FOR AGES 8-11

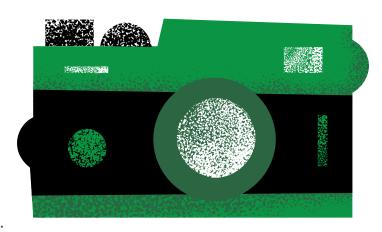
FOCUS ON PHOTOGRAPHY

Youth ages 12-18 are invited to bring their photography skills into focus with any camera, including one on a phone.

Four workshop sessions will be held online via Zoom from 3:00 - 4:00 p.m. Dates for the workshop are Wednesdays, June 17, June 24, July 1 and July 8. Youth should plan to participant in at least three dates before registering, as space is limited.

Topics covered will include lighting, shadows, the rule of thirds and composition, shooting in black and white, basic photograph editing and more.

Week-to-week photo challenges will encourage youth to shoot lots of shots during the workshop. Challenges are learn by choice, so youth are not required to complete every challenge. The more they practice what they are learning, the more they will gain from the experience.



Next, family and friends of participants will be invited to attend a special capstone event on July 17 at 6:00 p.m. RSVP information will be provided to participants at the start of the workshop.

Register and focus on fun with photos this coming summer.

FOR AGES 12-18



CLOVERBUD CORNER

Cloverbuds - **youth ages 5-8** - are an important part of 4-H, and we are excited to offer a program just for them this summer.

Trained local teens will lead **fun**, **interactive educational activities on a variety of topics** via Zoom twice a week.

Dates for the Cloverbud Corner are as follows: June 23, June 25, June 30, July 2, July 7, July 9, July 14 and July 16.

That's Tuesdays and Thursdays for four weeks, and each program begins at 11:00 a.m. Please plan for them to last about 30 minutes.

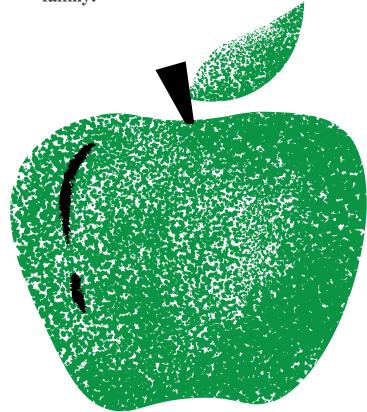
This will be a safe and positive way to socialize and learn in a community setting this summer.

A background checked adult will help supervise each session, and 4-H staff will take necessary cyber security precautions, as recommended by North Carolina State University when preparing Zoom meetings.

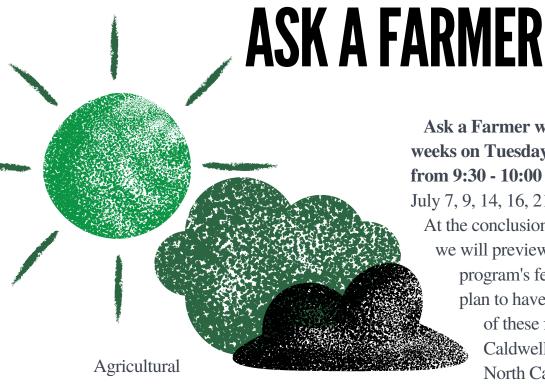
We ask that participants plan to attend a majority of the dates, as space is limited; and parents or guardians should plan to supervise and help their children with technology during the program.

If any materials are suggested for activities, participants will be informed at the session before they are needed.

Let Cloverbud Corner be a fun summer highlight for your family!



FOR AGES 5-8



products - food, fiber and fuel - are a huge part of our lives, our culture and our well-being, so why not learn more about where it comes from?

Whether you live on a farm or in the middle of a town or city, join 4-H for this special program, and ask a farmer **your questions.** This program for **youth** ages 8-18 aims to be a positive learning environment for youth and their families. We ask that parents and guardians of youth who choose to participate help to create this environment by supervising youth and their use technology.

FOR AGES 8-18

Ask a Farmer will run for three weeks on Tuesdays and Thursdays from 9:30 - 10:00 a.m. The dates are July 7, 9, 14, 16, 21 and 23.

At the conclusion of each program, we will preview the following program's featured farmer. We plan to have the majority of these farmers be local to Caldwell County and North Carolina.

Additional details will be provided to those who register for Ask a Farmer. Go online to Eventbrite to do so today.

According to the N.C. Department of Agriculture and Consumer Services, in 2019 there were...

48,000 TOTAL FARMS **252 FARMERS MARKETS** \$12.5 B. FARM CASH RECEIPTS

EGG DROP CHALLENGE

The Egg Drop Challenge will be an engineering challenge for youth ages 5-18, and it is encouraged that you involve the whole family.

When you register, you will receive instructions for this simple at-home activity and how to record your results.

We also would love to see you share your challenge on social media. Tag @CaldwellCo.4H on Facebook and use the #4H hashtag on Instagram and Twitter.

Help us end 4-H Summer Exploring on a high note, and sign up for the Egg Drop Challenge!



OTHER OPPORTUNITIES



That's a wrap for our local Summer Exploring programs and activities, but there will also be other 4-H opportunities available to you at an Extension district and state level with North Carolina 4-H. For example, on page 11 you will find details about the NC 4-H Summer CAMP OUT!

Finally, we'd like to remind you that 4-H is a year-round youth development program. So, if you enjoy your summer, come back and be with us in the fall.

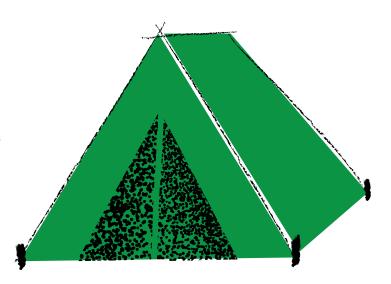
NC 4-H SUMMER CAMP OUT

Open to any family wanting to have an outdoor camping experience with virtual connections and learning to make it FUN, this one-week event will feature some favorite 4-H camping traditions like a dance party, slideshow, trivia night, arts & crafts, and more.

Register youth ages 5 and up for the statewide event taking place June 22-26 through Eventbrite by searching for "NC 4-H Summer CAMP OUT! 2020."

Like our local summer programs, it is free to attend, but space is limited and registration is required. See updated information on the Facebook event "NC 4-H Summer CAMP OUT! 2020."

Once registered, use an a la carte menu of organized camp activities, so you can invest as much or as little screen time as you want.



FOR YOUTH AGES 5 AND UP

Sessions will even be led by trained, live camp counselors.

The week's activities will culminate in a Friday-night backyard (or living room) CAMP OUT complete with some of your favorite camp songs, skits, and s'mores.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Flag Raising, Orientation,	Nature Art, Ecology,	Mindfulness, Beaver Pond	Arts & Crafts, NC Pine	Storytime, Outdoor
Opening Campfire	Stories in the Stars	Exploration, Trivia Night	Forests, Dance Party	Survival Skills, CAMP OUT!

The above activities are only part of what will be offered. Go online to learn more and register.

ACCOMMODATIONS

MAKE A REQUEST

Accommodation requests related to a disability should be made by two weeks prior to an event to Sarah Moyer at 828-394-9624 or sarah_moyer@ncsu.edu.

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University and North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

PROGRAM EXPECTATIONS

Participants are expected to abide by the 4-H Code of Conduct, which is included in our enrollment process. As written on page 2, **youth registering for Summer Exploring must also enroll in 4-H prior to the start of the selected program.** The following may result in dismissal from the program: bullying, harassing or using derogatory language towards another person or group of people.

By registering in a Summer Exploring program, the parent/legal guardian of a participant agrees to: limit distractions, work with program staff to resolve any issues that may arise, keep the participant safe through-out the program, and ensure the participant logs-in on time and is prepared for the program. Five minutes into each activity session, the virtual meeting space will be locked and you will not be able to access the content. This is for security and safety purposes for participants.

4-H Agrees to: take attendance and allow only registered participants to participate, address problems that are brought to their attention, and ensure that all participants are treated with dignity, fairness and respect.

North Carolina 4-H

Enrolling in 4H0nline



SETTING UP A PROFILE

You will be required to set up a family profile on **4HOnline**, the on-line North Carolina 4-H Enrollment and event registration program. The family profile will be where the members (Youth & Adults) will enroll. The website can be found at https://nc.4honline.com

If you need to create a family profile, select "I need to setup a profile," complete the fields required and click Create Login.

What happens if it says User account already exists? This means a family profile exists with that email address because your child was already enrolled through their local Extension Office. Select "I forgot my password" and a new password will be emailed to the email address on file. Please do not create a 2nd account! Then follow the steps on the tip-sheet, Re-Enrolling in 4hOnline.

.0	I have a profile	
(4)	I need to setup a profile	
6	I forgot my password	
Are you in a Military 4-H Club:		
County:	Select your county	
Email:		
Confirm Emeil:		
Last Name:		
Password:	Min. of 8 characters, at least 1 number and 1 capital or n	on-
	alpha	
Confirm Pessword:		
Role:	Family	
	Create Login	

Follow the instructions on the Family Information page and click Continue.

SET UP ONLY ONE (1) FAMILY PROFILE PER HOUSEHOLD!

After adding the family, add your family members to that family profile. Use the follow to determine the type of membership to add:

- · Adult: 4-H volunteers
- Youth: 4-H youth between the ages of 8 and 19 who are involved in a 4-H program

IMPORTANT! Adult records should only belong to adult volunteers.

For adults and youth, the next pages are authorization releases and health forms for risk management. These are important to have completed in case you get injured at a club meeting or 4-H event. If you have questions or concerns when filling out the forms, contact your **County Extension Office**.

When adding a club, select the club from the drop down and click "Add Club" button to save the selected club. Repeat the same steps to choose your project(s). Each 4-H youth member must have at least one club to be marked active and valid.

Note: Members at Large (Youth members who do not belong to a club) should select the "Member at Large" club option.

Adult Volunteers: If you are a club volunteer - select your club from the drop-down bar. If you are **not** a club volunteer - skip this section - by clicking *Continue*.

		Add a Club		
	Select a Club S	elect a dub		
		Add Clob		
		Club List	-	-10
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When you complete the registration process - click "Submit Enrollment" to send to your local county for activation.