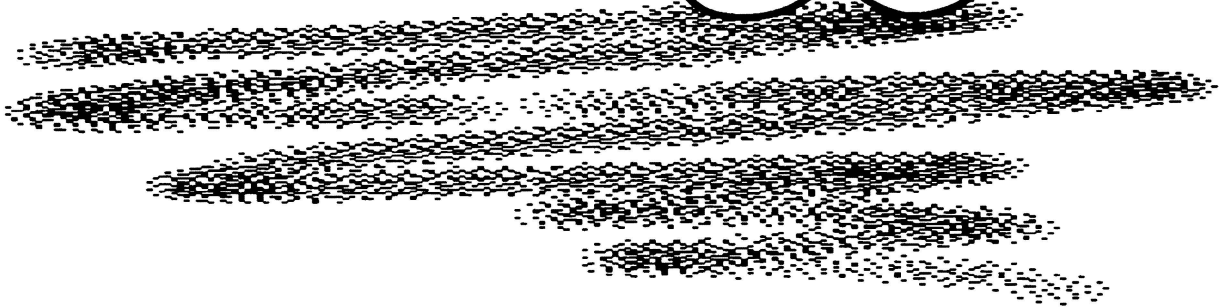
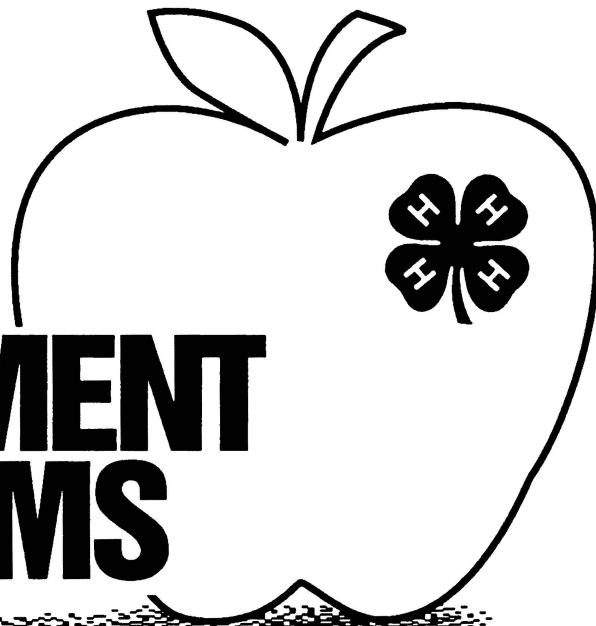


VIRGINIA 4-H

SCHOOL ENRICHMENT PROGRAMS



Virginia Tech • Virginia State

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J. David Barrett, Director, Virginia 4-H Programs*

THIS IS 4-H

Welcome to Virginia 4-H! 4-H is the youth component of the Virginia Cooperative Extension Service, with academic ties to Virginia Tech and Virginia State University.

The purpose of 4-H is to help youth develop life skills that will help them become productive, responsible adults. These life skills include developing positive self-concepts, establishing effective interpersonal relationships, learning how to make sound decisions, working toward good physical development, and learning practical skills for living.

4-H school enrichment is another means of teaching life skills to youth, in addition to 4-H camps, volunteer-led special interest programs, 4-H project clubs, and community 4-H clubs. 4-H values its relationship with Virginia's schools and welcomes the opportunity to provide educationally sound, research-based, action oriented curricula for use in school classrooms. This publication focuses on the 4-H partnership with schools.

CONDUCTING 4-H SCHOOLS ENRICHMENT PROJECTS

4-H school enrichment projects are a cooperative effort between the school and 4-H program of the county or city Cooperative Extension Office. The Extension 4-H Agent or 4-H Adult volunteer is responsible for introducing and explaining the 4-H curricula to the classroom teacher. The classroom teacher is responsible for teaching the 4-H curriculum to the students and for enrolling students and 4-H members. While the project (curriculum) is in progress, students are enrolled as 4-H members and the teacher as a 4-H volunteer.

Students should be aware that they are participating in a 4-H project when 4-H curricula are used. The Virginia 4-H program furnishes, free of charge, one teacher/leader guide and one student/member manual per project, per classroom. Additional copies may be purchased through the Extension Distribution Center.

THE 4-H PROGRAM

In addition to school enrichment curricula materials, 4-H offers an ongoing educational program. The educational program is open to all youth between the ages of 5 and 19 and provides many opportunities to learn and have fun. After participating in a 4-H school enrichment project, many youth choose to become involved in a 4-H camp, club, or special interest program. Your local Extension Agent, 4-H program assistant, or 4-H volunteer will welcome the opportunity to discuss the 4-H program in your community with students upon the conclusion of the 4-H school enrichment project.

4-H AND THE SCHOOL

The partnership between 4-H and a public or private school can extend beyond the specific school enrichment project selected for classroom use. Here are a few ideas to enhance student involvement in 4-H.

Membership Card - Present 4-H membership cards, provided by your 4-H contact, to your students who participate in 4-H school enrichment projects.

Completion Certificate - Ask your 4-H contact about certificates for your students who have successfully completed their 4-H school enrichment project.

4-H Presentation - Ask your local 4-H Agent, program assistant, or 4-H volunteer to come to your classroom and talk about 4-H in the community. They will share with you all the fun and educational activities youth and their families can do in 4-H.

Parental Contact - Utilize pamphlets provided by your 4-H contact to share with parents. Encourage parents to view completed 4-H projects in the classroom and invite them to contact the local 4-H office if they would like to know more about membership in a 4-H club or group.

4-H SCHOOL ENRICHMENT CLASSROOM CURRICULA

Listed below are the 4-H school enrichment programs presently available statewide. They are a part of two focus areas currently being implemented by Virginia 4-H - Science and Technology and Personal Development. These programs are recommended for school classroom settings as a supplementary or curriculum enrichment experience for students.



SCIENCE & TECHNOLOGY

Embryology

"Beginning of Life"



Overview: The "Beginning of Life" 4-H Program is designed to help youth obtain better understanding of life processes and embryonic development. The bird egg is an excellent educational subject for the study of embryology. First, unlike most animals, the embryonic development of the bird takes place within the egg and outside of the body of the female. Second, the egg is small and readily available. Third, the incubation period is short enough to maintain the interest of the student, even the youngest. Teachers are encouraged to adopt the program to the particular needs of their students. Activities are designed to relate to a number of subject areas. Whether you do a detailed experiment or just incubate eggs everyone involved in this program will be fascinated by the wonders of the "Beginnings of Life".

Beginning Level "Beginning Life":

Ages 9-12, Grades 4-6

Basic Resources:

- "Beginning Life Record Book" (408-027)
- "Beginning Life Vocabulary Study" (408-028)
- "Beginning Life - A Leader's Manual for Avian Embryology
- Student Membership Card (388-178)
- Certificate of Recognition for 4-H Members (388-083)

Supplemental Resources

- Beginning Life Satellite Leader Training Program (VHS Tape)
- Chicken Embryo (VHS Tape or Film)
- Embryonic Development and Brooding for Beginners (Slide Set with tape cassette)

Advanced Level "Beginning Life":

- Ages 14-18, Grades 8-12

Basic Resources:

- Beginning Life - A Leader's Manual for Embryology
- Student Membership Card (388-178)
- Certificate of Recognition for 4-H Members (388-083)

Supplemental Resources

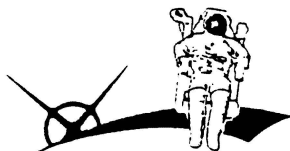
- Beginning of Life Satellite Leader Training Programs (VHS Tapes)
- Advanced Embryonic Development and Brooding for Beginners (Slide set with tape cassette)

For additional information contact Phil Clauer, Extension Specialist, 4-H (703) 231-9185

SCIENCE & TECHNOLOGY (Continued)

Blue Sky Below My Feet

Ages 10 - 11, Grade 6



Overview: Blue Sky is a 4-H educational program relating space-age technology to everyday life. Students explore the topics of gravity and forces, fiber and fabrics, and food and nutrition through three half-hour videos focusing on the U.S. Shuttle Program. Blue Sky participants may further develop essential leadership and life skills through supplementary 4-H learning opportunities relating to this exciting educational program.

Basic Resources:

- Student/Member's Mission Manual (388-300)
- Teacher/Leader's Guide (388-301)
- Blue Sky Club Certificate (388-302)
- Student Membership Card (388-178)

Supplemental Resources:

- "Blue Sky Below My Feet" - A set of three video tapes on Forces, Spacesuits, and Space Foods. (Ask your 4-H contact how to obtain.)

For additional information contact: Dean Allen, Extension Specialist, 4-H (703) 231-6371

4-H Urban Gardening

Age 9, Grade 4

Overview: By using materials in the urban gardening series, 4-H members learn greater respect for plants, the environment, and the role of agriculture in producing our food. Project materials are mainly "hand on" which is a very effective teaching method.

The "4-H Urban Gardening Projects" are particularly suited to group use for inclusion in school science activities. Each publication contains ideas for a variety of experiments, a game, and a "just for fun" project. Projects can also be done by individuals. Teachers are encouraged to adapt the program to the particular needs of their students.

Basic Resources:

- Kitchen Garden (426-901)
- Vegetable Seeds (426-902)
- Garden Ecology (426-903)
- Windowsill Salad Garden (426-904)
- Container Garden (426-905)
- Small Fruits (426-906)
- Herb Garden (426-907)
- Vegetable Garden (426-908)
- Garden Pests and Problems (426-909)
- Nutrition (426-410)
- Student Membership Card (388-178)
- Certificate of Recognition for 4-H Members (388-083)

Supplemental Resources:

- Fun with Plants (426-890)
- Crossword Puzzle (426-920)
- 4-H Garden Ecology Slide Set (40 slides)
- 4-H Kitchen Garden Project Slide Set (33 slides)

The following are horticulture technical help sheets for teachers:

- Seeds, Soils, Supplies (426-912)
- Things Plants Need (426-913)
- Watering (426-914)
- Transplanting (426-915)
- Plants and Nutrition (426-917)

For additional information contact Diane Relf, Extension Specialist, Horticulture (703) 231-6254

SCIENCE & TECHNOLOGY (Continued)

Virginia Food & Fiber Systems



Ages 11 - 12, Grades 6 or 7

Overview: Agriculture is Virginia's largest industry. It directly impacts the social and economic well-being of the state and its citizens. It is therefore important that young people understand the value of its impact on their daily lives. The series of 11 lessons is designed to enhance student understanding of:

- commodities produced in Virginia;
- the economic impact of agriculture on Virginia's economy;
- agriculture-related careers;
- use and conservation of natural resource; and,
- protection of our food supply

The material is designed to enrich educational offerings provided to meet the Virginia Department of Education Standards of Learning in Math, Science and Social Studies.

Basic Resources:

- Virginia Food and Fiber Systems Curriculum Notebook
- Student Membership Card (388-178)
- Certificate of Recognition for 4-H members (388-083)

For additional information contact: E. Wayne Compton, Extension Specialist, 4-H (703) 231-6371

PERSONAL DEVELOPMENT

Citizenship



Ages 9 - 10, Grades 4 - 5

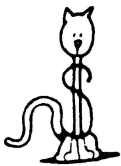
Overview: Good citizenship does not just happen, but must be learned and developed. The Citizenship Curriculum is presented in a series of lessons designed to help students learn about themselves and develop a better relationship with their family, friends, neighbors, community, state, country and world. The curriculum emphasizes helping students broaden their view of their place in the world, and to recognize the responsibility they have to the world.

Basic Resources:

- Citizenship Teacher Curriculum Lessons
- Student Membership Card (388-178)
- Certificate of Recognition for 4-H Members (388-083)

For additional information contact: Courtney Schwertz, Extension Specialist, 4-H (703) 231-6373

High School Financial Planning Program



Ages 15 - 19, Grades 10, 11, 12

Overview: This program is designed to acquaint students with basic financial planning concepts and to illustrate how these concepts apply to everyday life. The curriculum consists of six units. It is designed for easy classroom implementation and can be used in a variety of courses, including personal finance, business, economics, math, social studies, or home economics. Materials for the program are provided through the College for Financial Planning in Denver, Colorado, in cooperation with the Virginia 4-H Program.

Basic Resources:

- Instructor's Manual
- Student Workbook (Available for each student)
- Student Certificate of Completion

For additional information contact: Irene Leech, Extension Specialist, Consumer Education (703) 231-4191

Strong Families Competent Kids



Ages 9 - 12, Grades 4 - 7

Overview: Strong Families; Competent Kids is an educational program designed to help kids develop self-care skills that will enable them to effectively manage or cope in situations when they must be alone. A variety of activities are included that provide opportunity for "hands-on" learning, such as snack preparation, managing personally disturbing situations, and handling emergencies.

Basic Resources:

- Member's Handbook (350-523)
- Leader's Guide (350-521)
- Student Membership Card (388-178)
- Certificate of Recognition for 4-H Members (388-083)

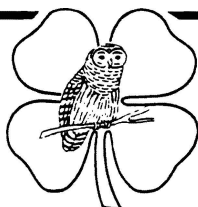
Supplemental Resources:

- Report to Parents (350-528)
- Brochure (350-520)

For additional information contact: Valya Telep, Extension Specialist, Child Development (804) 524-5257

4-H SCHOOL ENRICHMENT EXTENDED CLASSROOM CURRICULA

The following 4-H programs are intended to supplement existing 4-H school enrichment classroom curricula in an out-of-school setting. Interested teachers should contact their local 4-H office for further information.



4-H Environmental Education

Ages 9 - 13, Grades 4 - 8

Overview: From September through May, day and overnight outdoor and environmental education programs are provided for students at the six 4-H Educational Centers located across the state. The on-site program staff at each Center works with visiting classroom teachers to provide academic classes based on a multidisciplinary curriculum including science, social studies, language arts, music, art, and physical education.

The 4-H Center locations and telephone numbers are as follows:

- Airfield (Wakefield) 804/899-4901
- Holiday Lake (Appomattox) 804/248-5444
- Jamestown (Williamsburg) 804/253-4931
- Northern Virginia (Front Royal) 703/635-7171
- Smith Mtn. Lake (Wirtz) 703/721-2759
- Southwest (Abingdon) 703/628-7231

Class offerings include: Fresh Water and Marine Ecology; Wildlife; Forest Investigation; Entomology; Natural Resources Management; Water Quality; Ornithology; Herpetology; Meteorology; Wild Flowers; Soil Conservation; Orienteering; and Night Life. Some Centers also provide classes in Virginia History, Ropes and Initiatives Activities, and Canoeing.

Basic Resources:

- Student Program Journal
- Teacher's Administrative Guide
- Certificate of Completion
- Teaching Kit

*For additional information contact: Barry Fox,
Extension Specialist, 4-H (804) 524-5964*

Junior 4-H Camping Program

Ages 9 - 13, Grades 4 - 7

Overview: Each of the six 4-H Educational Centers conducts a junior camping program during the summer months of June - August. The camps, conducted in partnership with the 107 local Extension Offices throughout the state, provide a series of week-long educational and recreational experiences in a residential camp setting. Professional camp staff are on-site around the clock. Campers are engaged in a variety of "hands-on" learning experiences designed to enhance the development of life skills. These include:

- learning to get along with and relating to others;
- learning to assume responsibility for individual/groups decisions and actions;
- exploring and developing new interests;
- developing skills in citizenship and leadership;
- discovering and utilizing special talents and capabilities; and,
- enriching personal development.

The camping program is open to all youth between the ages of 9 - 12 years of age and is not limited to youth with a prior 4-H experience.

*For additional information contact the 4-H
Educational Center nearest you.*



4-H -- MAKING A WORLD OF DIFFERENCE

Students can expand their knowledge through other 4-H experiences. The following information is provided to help you explore with your 4-H contact additional types of experiences available to your students through the Virginia 4-H Program.

Club Involvement

Clubs provide opportunities for youth to have fun with others while learning-by-doing. Club participation allows youth to build self-confidence and further develop life skills, such as decision making, social interactions, and leadership, acquired through previous 4-H experiences while building a base of practical knowledge. The types of clubs available are:

- Community Clubs
- Project Clubs
- Special Interest Clubs

International Learning Experiences

A number of learning experiences are available for youth to discover the world around them. These include:

- International 4-H Youth Exchange (IFYE)
 - IFYE Ambassadors (Age 15-19)
 - IFYE Representatives (Age 19-25)
- 4-H LABO Japaneze Exchange Program (Age 13-19)
- Host Family Opportunities

For additional information contact: Dean Allen, Extension Agent, 4-H (703) 231-6371

Four-H Support Opportunities

A variety of 4-H opportunities are available to provide additional opportunities for the personal and life skill development of youth. Some examples are:

- State-wide Special Interest Programs and Camps
- State and National 4-H Congress
- Citizenship Washington Focus
- Community Service Projects
- Ambassador Training
- Recognition and Awards Program

For additional information contact: Billie Cline, Program Support Technican, 4-H (703) 231-6371

4-H CAN MAKE A DIFFERENCE

Four-H provides young people with opportunities to learn, have fun, and be with friends. Their 4-H involmtent leads to the development of life skills that will help them become responsible citizens and lead richer, fuller lives.

Please communicate with your 4-H contact to see how your students can take advantage of additional 4-H learning experiences provided through the Virginia 4-H Program.



4-H TRADITIONS



In addition to offering educationally sound curricula and functional, experience-based teaching techniques, 4-H has a rich heritage with many time-honored traditions.

4-H Emblem: The green four-leaf clover has a white "H" on each leaf to represent one of four H's - *Head, Heart, Hands, and Health.*

4-H Colors: The *white* in the clover symbolizes purity. The *green*, nature's most common color, represents life, growth, and youth.

4-H Pledge: I pledge:
*My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service, and
My Health to better living,
for my club, my Community, my Country, and my
World.*

4-H Slogan: "*Learn by Doing*" is the 4-H member's way of acquiring new skills and knowledge. Group experiences are the means by which youth gain social skills while interacting with others.

4-H Motto: "*To Make the Best Better*" expresses the 4-H goal of continually improving individual efforts and the desire to grow together to build better clubs, schools, families, and communities.

THANK YOU

Four-H recognizes the central role played by the classroom teacher in making 4-H school enrichment projects possible. We thank you for being part of the team!

Virginia



Your local 4-H contact is:

Growing Together

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation. An equal opportunity/affirmative action employer.

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