

Welcome!

Sunflower District 4-H New Family Newsletter Series Winter Edition

We are excited to have you as a new Kansas 4-H member and family in the Sunflower Extension District.

Cheyenne, Sherman, Wallace County

You will receive a series of New Family 4-H newsletters—one every few months that we think will be helpful on your 4-H journey. Let us know if you have questions.

4-H = learning and having fun!

Your Job as a 4-H Member

- Go to all your club and project meetings. Get involved and volunteer to do things.
- Ask questions!
- Get to know other club members. Help out when needed.
- Think about the project/s you signed up for and set goals (what you want to accomplish in each project).
- Participate in a communication activity. A presentation, demonstration, project exhibit, etc. allows each member to share something you know or have learned. (4-H Days, Club Meetings, Project Meetings, Day Camp, Regional 4-H Days)
- Read newsletters and other e-mails.
- Stay updated about important dates and opportunities. It is your responsibility to turn in paperwork and make deadlines.
- Keep records. Complete and turn in a Project Report Form showing what you have accomplished in at least one of your projects at the end of each 4-H year.

4-H Parents—Partners on the 4-H Team!

4-H can be confusing. Ask Questions! Find the answer from a club leader, a parent, or the Extension Office.

- 4-H is a family organization.
- Help your 4-H member with the responsibilities above.
 - ◆ Take an interest in 4-H.
 - ◆ Help your 4-H member be prepared.
 - ◆ Attend 4-H meetings, events, and activities.
 - ◆ Lend a hand if you notice someone needs help. 4-H depends on volunteers to make things happen.
- Stay informed and ask questions of club leaders, project leaders, other 4-H families, and the Extension Office.
- Support your child's project work. While some clubs or counties have project leaders and project meetings, most of the responsibility is on the 4-H member and parent.
- 4-H members and their families are responsible for the cost of materials needed to complete their projects.
- Help your 4-H member by taking pictures of them at 4-H events and remind them to keep track of their experiences.

What does that mean?

Every organization has a vocabulary that seems to only make sense to long-time members and 4-H is no different. Here are a few of those words:

Enrollment—4-H members and leaders use 4-H Online *each year* to enroll in 4-H and choose projects. The 4-H year runs from October 1—September 30. 4-H Online provides the Extension Office with your membership information. It includes your name, address, phone, emergency contacts, health information and project areas you have selected for the year. <https://www.kansas4-h.org/enrollment.html>

Project—A 4-H project is a topic a member can explore. They enroll in the project; learn, create, develop skills, and keep records. In the Sunflower District, members must add projects by **May 1** in order to enter project exhibits at the county fair during the 4-H year. 4-H members must be enrolled in a 4-H project in order to enter exhibits in that specific project at their county fair. **K-State 4-H Project Guide:** <https://www.kansas4-h.org/projects/>

Sunflower District 4-H Project Webpages: https://www.sunflower.k-state.edu/4-h/county_projects/index.html

Fair Entry—Fair Entry is different than 4-H Enrollment! These online processes or forms are completed by the 4-H member to enter specific exhibits into competition at the county/state fair.

Exhibit—A 4-H exhibit is an item resulting from project work that the 4-H member has chosen to bring to fair and have evaluated by a judge. For example, a 4-H member may enroll in the woodworking project and bring a birdhouse (exhibit) to the fair that he/she constructed.

Code of Conduct —Completed through 4-H Online, members, parents, and volunteers agree to uphold the values of the Kansas 4-H program and conduct themselves according to a set of standards while participating. <https://www.kansas4-h.org/resources/policy-guide/Kansas%204-H%20Volunteer%20Code%20of%20Conduct.pdf>

My 4-H Information

The name of my 4-H Club is:

My 4-H Club meets (When and Where):

My 4-H Club Leader's Name/s:

Contact information for my Club Leader/s (phone/e-mail):

I am enrolled in these 4-H projects this year:

Presentations I need to give at a club meeting:

County Fair Entry Deadline:

4-H Project Record Reports Deadline:

Things I want to do in 4-H this year ...

Help I need with my projects and who I can ask to assist me?

Resources I can use to complete my projects.

Questions I need to ask about 4-H...

My 4-H Online Password:

What Does a 4-H Club Do?

A 4-H club elects officers and conducts business. Most clubs meet monthly with a year-long plan for their programs. Each meeting usually includes presentations by members. Meetings might also include presentations by leaders, parents, or community members, recreation, family events, or a field trip.

Many 4-H clubs are involved in community service, social, and fundraising projects. The youth members in each club should decide what activities their club will do.

Most clubs hold money-making activities to raise money for their club events or to support community service projects.

Did You Know? (Or If I Had Only Known!)

- It is really important for parents to attend the meeting so you can help your member/s participate fully in 4-H opportunities. 4-H is a family organization!
- The 4-H year runs from October 1—September 30.
- 4-H literature is available for projects and provides ideas for things to do and learn. Call the Extension Office in your county for more information.
- It's helpful to have a place to keep all 4-H information and records for future reference and to complete your Project Report Forms at the end of the 4-H year. Project record forms and the permanent record forms are available online at <https://www.kansas4-h.org/resources/awards-and-recognition/LocalRecordKeeping.html>
- New members may join any time during the year. To show at the county fair, new members must enroll in 4-H and choose projects by May 1; members must enroll in a project prior to participating in meetings or animal weigh-in/ID.
- A 4-H project is not the same as an exhibit at the County Fair. It is the broad category in which you enrolled at the beginning of the 4-H year. An exhibit is an item resulting from project work. Members talk with a judge (consultative judging) at the fair.
- In order to enter a 4-H project item in the fair, you will need to complete a fair entry form or online entry (depends on your county). Fair books and fair entry forms are usually available in May. Fair entry forms are typically due in mid-July.
- Read each issue of the District Newsletter carefully for deadlines and information! Contact the club leader or another parent if your family missed a club meeting to find out what you missed.

Watch for ...

4-H Family Handbook—You will receive a copy of the 4-H Family Handbook for your county program. Keep this handbook through the entire year. It includes information such as:

- Basic information about 4-H
- Getting involved in 4-H in your county
- 4-H policies and opportunities
- A general monthly calendar of 4-H events

YQCA Dates (Youth Quality Care of Animals) - Required for members planning to take livestock to State Fair or KJLS. <https://www.asi.k-state.edu/extension/youth-programs/qualityassurance/qualityassurance.html>

4-H College Scholarship Applications and Deadlines
Project and club meeting postcards that come in the mail or announcements sent by e-mail, Facebook or Remind.

Check out ...

Kansas 4-H Policy Handbook

<https://www.kansas4-h.org/resources/policy-guide/index.html>

4-H Record Keeping and Project Report Forms (Keep a calendar of 4-H events and take pictures of you at 4-H activities.) Records may be kept on paper forms or using ZSuites—an online record keeping system. <https://www.kansas4-h.org/resources/awards-and-recognition/LocalRecordKeeping.html>

4-H Member Achievement Awards (earned annually)
<https://www.kansas4-h.org/resources/awards-and-recognition/index.html>

4-H Club Corner and 4-H Clover Classroom
4-H Club Information and Project Activities
<https://www.kansas4-h.org/resources/leader-resources/>
<https://www.kansas4-h.org/resources/leader-resources/cloverclassroom/index.html>

Coming Up...

December

- 1 Re-enrollment deadline for returning 4-H members

January/February


- Beef Weigh-in (February or March)
- Area Project Record Report Form Judging
- (State) Horse Panorama—Rock Springs
- State 4-H Scholarships Applications Due
- 4-H Citizenship in Action—Topeka

What your club may be doing...

- Members sign up for committees, demonstrations, project talks, club meeting responsibilities, etc.
- Hand out a club calendar of events/activities.
- Talk about Model Meetings and Club Project Day.
- Plan a holiday gathering.
- Plan community service projects and fund raisers.
- Talk about project record books and achievement pins members can earn by doing 4-H activities through the year.

To-Do...

Practice and Learn the 4-H Pledge

4-H PLEDGE I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to a better living,
for my club, my community, 
my country, and my world.

Set your 4-H project goals for the year (what do you want to do and learn).

A good rule of thumb is:

3—5 **goals** per **project** for ages 7 to 10,

4—8 **goals** per **project** for ages 11 to 13,

7— 12 **goals** per **project** for ages 14 to 18.

Setting 4-H Project Goals Form:

<https://bookstore.ksre.ksu.edu/pubs/4H1100.pdf>

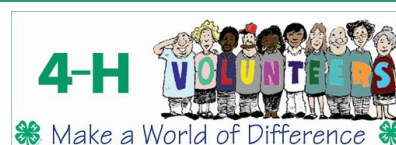
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- Sunflower Extension District Cheyenne County 4-H
- Sunflower Extension District Sherman County 4-H
- Sunflower Extension District Wallace County 4-H

Find the Sunflower Extension District Webpage

<https://www.sunflower.k-state.edu/>

Volunteers are so important to 4-H...



There are a variety of ways in which adults may volunteer through 4-H. Many involve working directly with youth while others do not. Volunteer to be a:

- Project Leader
- Special Interest Activity Leader
- Club Volunteer
- County Committee Volunteer

If you would like to volunteer for your county 4-H program, please contact your local Extension Office.



4-H has deadlines for things just like there are school assignment deadlines. There are state, district, county and local club 4-H deadlines. Be sure to pay attention to 4-H communication that is sent in a number of ways.

- Sunflower Extension District Newsletter
- Sunflower Extension District Website
- Kansas 4-H Website
- County 4-H Family Guide
- Facebook
- E-mail
- Remind or text messages
- Attend your 4-H Club Meetings and watch for texts, Remind Messages, e-mails, etc.

**4-H is part of K-State Research and Extension and is coordinated through a local Extension Office.
Questions? Contact your Extension Agent or Extension Office Professional**

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Connect with us on social media!

A monthly Extension newsletter is published in the Sunflower District and information is routinely posted to the Sunflower District Extension website and various Facebook pages.



K-State Research & Extension Sunflower District: <https://www.facebook.com/SunflowerExtensionDistrictAGFCS/>

Sunflower Extension District Cheyenne County 4-H: <https://www.facebook.com/sunflowerextensiondistrictcheyennecounty4h/>

Sunflower Extension District Sherman County 4-H: <https://www.facebook.com/sunflowerextensiondistrictshermancounty4h/>

Sunflower Extension District Wallace County 4-H: <https://www.facebook.com/sunflowerextensiondistrictwallacecounty4h/>

<https://v2.4honline.com/#/user/sign-in>

Sunflower Extension District #6 Website: <https://www.sunflower.k-state.edu/>



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact person two weeks prior to the start of the event at the county Extension Office.

Requests received after this date will be honored when it is feasible to do so.

K-State Research and Extension is an equal opportunity provider and employer.