

Welcome to

Athens-Clarke

County 4-H

PARENT & STUDENT
HANDBOOK



*Everything you wanted to know about 4-H but
didn't know who to ask.*

The 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.

What are the 4 H's?

Head 4-H will get you thinking. You'll learn problem solving, decision making and critical thinking skills. 4-H helps you build the knowledge, skills, and attitudes you'll need to be a strong, productive adult. You'll find new ways to see the world and to see yourself.

Heart In 4-H, you develop relationships with other young people and with caring adults. You will experience greater loyalty, discover strong personal values, develop a positive self-esteem and build healthy relationships that will last a lifetime.

Hands In 4-H, you'll do fun things and learn skills you can use for the rest of your life whether on your job, at home, or with your friends., 4-H'ers work to improve their communities, share their skills and ideas with others, and get hands-on experience for the future. You'll learn new skills and explore careers that interest you.

Health 4-H helps you learn to make healthy choices about exercise and eating. Being healthy means feeling good inside and outside, with school, friends, and family. In 4-H, you'll also learn how to make your community more healthy by becoming more aware of the environment and taking steps to improve it.

4-H Community Service Project

Athens-Clarke County 4-H participates in an on going state wide service project to collect aluminum pull tabs from food and beverage cans. The proceeds from this project are donated yearly to Ronald McDonald House Charities. Please save these pull tabs for 4-H. Students earn credits for collected tabs when taken to school or you may bring them directly to the 4-H office.



WELCOME TO ATHENS-CLARKE COUNTY 4-H

In Georgia, there are more than 180,000 young people learning and having fun through the University of Georgia Extension Youth Development Program, 4-H. The 4-H program receives support from the United States Department of Agriculture, the University of Georgia, local and county governments, and donors.

4-H members gain self-confidence by learning good communication and public speaking skills at County Project Achievement (CPA) and District Project Achievement (DPA). They make new friends by attending conferences, camps, and reward trips. 4-H also teaches members wise leadership and decision-making skills through Officer's Training and judging events.

Elizabeth Conway and assistants visit the 5th grade classrooms and middle schools in the Athens-Clarke County school system monthly during the school year. Students learn about 4-H, Georgia Agriculture, water conservation and the environment, nutrition, and much more. They complete *Friends* books and give demonstrations. High school 4-H'ers meet together after school once a month during the school year. *

In the summer, Athens-Clarke County 4-H'ers may attend summer camp at one of the 5 camps that make up the Georgia 4-H Camping Program. Georgia 4-H holds summer camps at Rock Eagle 4-H Center, Jekyll Island 4-H Center, Wahsega 4-H Center, Burton 4-H Center, and Fortson 4-H Center.

As you can see, Athens-Clarke County 4-H offers many opportunities for team and individual learning experiences that promote team work, develop public speaking skills, enhance decision making abilities and are just plain fun! If you have any questions about Athens-Clarke County 4-H, please feel free to contact our office at 706-613-3640.

*** Due to COVID-19, programs are currently offered virtually until such time as approved to safely return to in-school and regular in-person activities.** Check the 4-H newsletters for activities and dates.

GLOSSARY OF 4-H TERMS

Cloverleaf - 4-H'er in 5th or 6th grade

Consumer Judging - Team event which teaches wise consumer decision making skills.

County Extension Agent - Faculty members of the University of Georgia who work for Cooperative Extension in your county.

CPA - County Project Achievement. Competition on county level where 4-H'er presents a demonstration in a project area. Participation in Project Achievement helps students develop skills in research, organization, and public speaking.

Demonstration - A speech telling about or how to do something in which the student is interested using visual aids such as posters or project boards.

DPA - District Project Achievement. Winners at the county level (CPA) advance to district competition.

Forestry Judging - Team event where students identify tree species from leaf samples, insects and diseases from artifacts, and also participate in a site timber volume estimation.

Junior - 7th & 8th grade 4-H'er

Portfolio - A resume of 4-H'ers participation in project work, citizenship and leadership activities. Portfolios are required of Junior and Senior 4-H'ers to participate in Project Achievement competition.

Poultry Judging - Team event where students evaluate the quality of poultry and eggs, including live and ready to cook birds.

Rock Eagle - The world's largest 4-H center located an hour south of Athens near Eatonton, GA.

Senior - High school 4-H'er

STEAM Club - (Science, Technology, Engineering, Arts, Math) Special outside school volunteer led club focusing on robotics.

Wildlife Judging - Students learn about native wildlife, their habitat, and land management decisions.



RECYCLING FOR \$'s

Don't just let metal items rust away. Take all your scrap metal items to the Athens-Clarke County landfill for recycling. Tell the gate keeper at the landfill that you have metal for 4-H recycling. They will direct you to the proper place to deposit your items. Proceeds from the scrap metal benefit our 4-H program. The landfill is located on **Hwy. 78 East beyond the Wal-Mart.**



Volunteers are always needed and can make a big difference. Athens-Clarke County 4-H wants to extend the tradition of a great program and encourage you to become involved with 4-H. Please let us know if you have a particular interest or skill to share with youth.

Yes I would like to be a 4-H Volunteer.
Please send me more information!

Name _____

Address _____

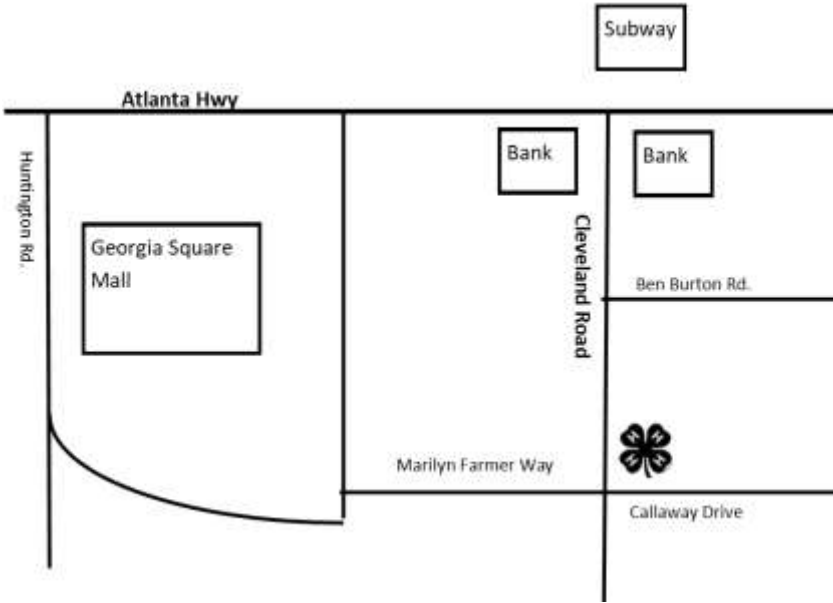
Email _____

Phone _____

Area of Interest _____

(All volunteers must complete a security check and be approved by the University of Georgia.)

Where we're located:



UNIVERSITY OF GEORGIA
EXTENSION



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