

### **4-H YOUTH DEVELOPMENT NEWSLETTER**

## Area 4-H Communications Competition

4-H staff and volunteers have spent the month of March watching students deliver exceptional speeches and demonstrations at schools all over the county. On March 26, we held our final county event to determine the students who would represent Campbell County at the Area 4-H



Communications
Competition on April
20. All of our
outstanding finalists did
an excellent job and
made it a close decision
for our judges.
Congratulations to our
2024 Campbell County
4-H Speech and
Demonstration
Champions!







## What's Happening in 4-H

Programs or meetings are at the Campbell County Extension Office in Highland Heights unless noted below.

For more information on these or other programs offered call the extension office at 859-572-2600.

### **APRIL**

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Apr. 1	4-H Sewing—4:30pm-6:30pm
Apr. 2	Sharp Shooters—6:15pm
Apr. 4	<b>4-H Saddle Up Club Meeting</b> 6:00pm Education—7:00pm Meeting Alexandria Fairgrounds
Apr. 8	4-H Sewing—4:30-6:30pm
Apr. 8	4-H Solar Science—10:00am
Apr. 9	4-H Knitting—9am-12pm
Apr. 11	4-H Knitting—9am-12pm
Apr. 11	4-H Cloverbuds—10am
Apr. 15	4-H Sewing—4:30-6:30pm
Apr. 15	4-H Teen Leadership—5:30-7:00pm
Apr. 15	4-H Rabbit & Poultry Club—6:00pm
Apr. 15	<b>4-H/FFA Livestock Club Meeting</b> 6:30pm Education—7:30pm Meeting Lower Level—Highland Heights Office
Apr. 16	4-H Entomology Club—5:00pm
Apr. 17	4-H Nature Club—5:30pm
Apr. 22	4-H Sewing—4:30-6:30pm
Apr. 22	4-H Cloverbuds—5:30pm
Apr. 24	4-H Prepare for Fair—5:30-7:30

4-H Dog Club—6:30pm

4-H Sewing—4:30-6:30pm

Apr. 25

Apr. 29



## 4-H Prepare for Fair

The 4-H Prepare for Fair group met and learned about wood science and made tool boxes.





Visit Campbell County 4-H on Facebook to see more photos from this event...



4-H Entomology Club

The Entomology Club held their first meeting of the year and we had a blast learning how to pin insects and taking a look at the collections our second year students brought in to share! Have an insect-loving kiddo? Join us in April.





Visit Campbell County 4-H on Facebook to see more photos from this event...

## 4-H Horse Camp - June 2-7, 2024!



Registration is open, visit: https://www.facebook.com/groups/487656264750496





## 4-H Dog Club

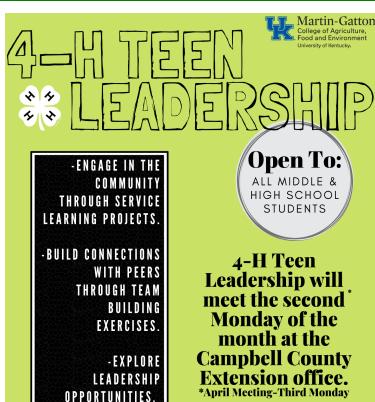
The Dog Club had fun doing the obstacle course that reviews what we have learned so far, and added a few new things like the tunnel and jumps.





Visit Campbell County 4-H on Facebook to see more photos from this event...





To register the first meeting scan the

QR code or email Kellsey Agnew at the

below email address.

Questions? Contact kellsey.agnew@uky.edu



## YOUTH

## **HEALTH BULLETIN**



### APRIL 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/

content/health-bulletins

**Campbell County Extension Office** 3500 Alexandria Pike Highland Heights, KY 41076 859-572-2600 campbell.ca.uky.edu

### THIS MONTH'S TOPIC

## WATCH OUT FOR EYE INJURIES

our eyes are very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

Continued on the next page







Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating





## If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

### Continued from the previous page

It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.



PROMPT
RESPONSE
is very
important!



If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

#### **REFERENCE:**

https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids

ADULT
HEALTH BULLETIN

Written by:
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Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)

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### 4-H Nature Club

Nature Club learned about maps and compasses and navigated our way through the trails at the Campbell County Environmental Education Center. Registration is open for our April meeting (last meeting before we take a break for the summer)!



Visit Campbell County 4-H on Facebook to see more photos from this event...





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### 4-H / FFA Livestock Club

The 4-H/FFA Livestock Club learned about sheep showing and the 4-H Rabbit & Poultry Club learned about different breeds of chickens.

Also, congratulations to the Club members who competed at the KY Beef Expo in Louisville!







Visit Campbell County 4-H on Facebook to see more photos from this event...

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## **Kentucky 4-H Summit**

Campbell County 4-H was well represented by these amazing middle schoolers at Kentucky 4-H Summit. Youth participated in leadership workshops, networked with 4-Hers across the state, and had fun.





Visit Campbell County 4-H on Facebook to see more photos from this event...

## 4-H CLUB REPORTS

### St. Thomas School

On March 14, 2024, Mrs. Holtz 4-H Bean Chilangs Club had our monthly meeting at St. Thomas School. President Izzy called the meeting to order. Luke and Noah led the Pledges. There were 10 members present at the meeting. The topic of our lesson was soil. One thing we did during this months meeting was The Lorax. One thing we did during the meeting was we read The Lorax and wrote poems. Our next meeting will be held on April 18. Eli, reporter





## 4-H/FFA Livestock Club





April 15, 2024 at 6:30pm

Education at 6:30 - Meeting at 7:30pm

at the Campbell County Extension Office — Lower Level



#### Membership requirements:

- 4-H age 9-18 as of January 1, 2023
- Or dues paying member of the FFA
- · Must reside or go to school in Campbell County
- Fill out enrollment forms and attend club meetings
- Complete at least six (6) hours of education from a certified volunteer

### **Projects offered include:**

 Market and breeding beef, sheep and goats, market hogs and country ham

#### Project goals include:

- · Expand youth knowledge of the livestock industry
- Learn about selection, nutrition, health and daily care, marketing and showing of livestock.
- · Learn responsibility and the value of hard work
- Gain life skills such as decision making and communication skills

For more information contact:



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FFA Advisor

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### 4-H Cloverbuds

At our Cloverbuds meeting, we learned about MyPlate and how they should try to fill half their plates with fruits and veggies and we made a yummy snack filled with fruit.





Visit Campbell County 4-H on Facebook to see more photos from this event...

## Campbell County 4-H Saddle Up Club



The Campbell County
Saddle Up Club met on
March 7th. The meeting
started at 7 with an hour
of education before.
During this meeting we
voted on our horse camp
t-shirt design. Our
Buskin fundraiser ended

and money and forms were turned in. Member sponsorship money is due at the April 4 meeting. To be an active member you must at least have \$50 in sponsorship money and your dues and paperwork turned in by April 4. If you plan on going to the KY State horse show there are new rules and regulations. Also if you are looking for a place to get your shots done the Annual Horse Health Day at the Alexandria fair grounds is March 23. We will not be having our showmanship clinic on Mother's Day, there are many other shows in the area if you need to qualify for state. Next meeting is April 4th at 7 with an hour of education before.





Entomology Club

2024 Meeting Dates
All meetings are 5:00pm-6:00pm

March 19

June 18

September 17

April 16 May 21 July 16

October 22

August 20

Meetings held at the Campbell County Extension Office.
Register online at campbell.ca.uky.edu or by phone: (859) 572-2600.
Registration Deadline is one week prior to each meeting.
Contact Ginny Butsch with any questions: ginny.butsch@uky.edu
Program open to Campbell County youth ages 9-18.

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences

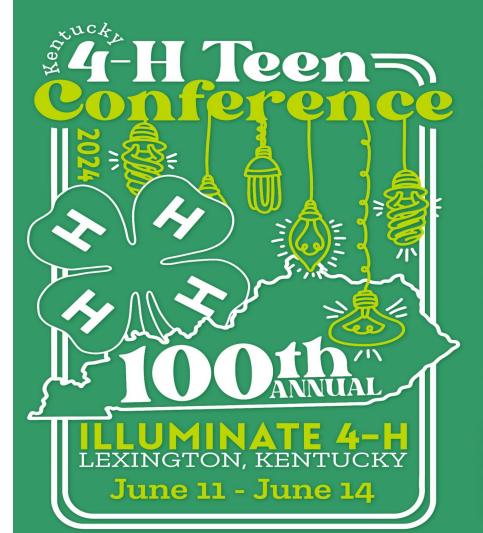
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Explore college, future career paths, and gain leadership skills with 4-H

### LOCATION

University of Kentucky Lexington, KY

**PRICE** \$150

Contact Sherri at sfarley@uky.edu for details and a registration packet

Lellsey Orgnew

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