



UK Cooperative Extension Service

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APRIL 2024

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!



LOTS GOING ON 

## 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

- Apr. 1 4-H Sewing—4:30pm-6:30pm
- Apr. 2 Sharp Shooters—6:15pm
- Apr. 4 4-H Saddle Up Club Meeting  
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 4-H/FFA Livestock Club Meeting  
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
- Apr. 25 4-H Dog Club—6:30pm
- Apr. 29 4-H Sewing—4:30-6:30pm



## 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>

4th graders from St. Thomas School wanted to share a message about the importance of protecting our environment. Please enjoy this poem by Noah McClinton.

**We should always reuse  
and spread the news.**

**Like #TeamTrees or #TeamSeas  
we should pick up both of these.**

**In the forest or the woods  
we should pick up some goods.**

**Save a wolf, save a bear, don't pollute the air  
Oh look! Pick up over there!**

**Save a deer, save a moose  
and don't let trash on the loose.**



# 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...



## 4-H Rabbit & Poultry Projects



**Club Meeting on  
April 15, 2024  
6:00 p.m.**

at Campbell County Extension Service  
3500 Alexandria Pike, Highland Heights, KY 41076



- Valuable experience learning to raise animals, large and small.
- Responsibility of feeding and caring for your animal.
- Learn the requirements to exhibit at County and State Fairs.
- Learn about the various breeds and choosing what fits your purpose.
- Determine the housing requirement for your animal.



# 4-H TEEN LEADERSHIP



**Open To:**

ALL MIDDLE & HIGH SCHOOL STUDENTS

- ENGAGE IN THE COMMUNITY THROUGH SERVICE LEARNING PROJECTS.

- BUILD CONNECTIONS WITH PEERS THROUGH TEAM BUILDING EXERCISES.

- EXPLORE LEADERSHIP OPPORTUNITIES.

**4-H Teen Leadership will meet the second Monday of the month at the Campbell County Extension office.  
\*April Meeting-Third Monday**

To register the first meeting scan the QR code or email Kellsey Agnew at the below email address.

Questions? Contact [kellsey.agnew@uky.edu](mailto: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](http://campbell.ca.uky.edu)

## THIS MONTH'S TOPIC

# WATCH OUT FOR EYE INJURIES

**Y**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 →



**Cooperative Extension Service**

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

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

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# 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:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:**  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)





# 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...

## 4-H Prepare for Fair Club



Come create award-winning projects to enter into the State Fair & Alexandria Fair!

YOUTH IN 4TH-8TH GRADE ARE INVITED TO JOIN THE CLUB. WE MEET MONTHLY AT THE CAMPBELL COUNTY EXTENSION OFFICE FROM 5:30-7:30.

### Meeting Dates

- MAY 22
- JUNE 26\*
- JULY 17\*
- APRIL 24
- AUGUST 21

Monthly participation is REQUIRED. \*MEETS FROM 2PM-4PM

REGISTRATION OPENS JANUARY 3RD

REGISTER AT [HTTPS://CAMPBELL.CA.UKY.EDU/](https://campbell.ca.uky.edu/) OR 859-572-2600

REGISTERING FOR THE JANUARY MEETING REGISTERS FOR ALL MEETINGS

QUESTIONS? EMAIL

KELLSEY.AGNEW@UKY.EDU

OR CALL 859-572-2600

Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

## 4-H Saddle-Up Club



Next Meeting!

April 4, 2024

Education at 6 pm, Meeting at 7pm

at Alexandria Fairgrounds | 100 Fairground Rd, Alexandria, KY 41001



For more information contact:  
Owen Prim  
Campbell County Extension Agent  
For 4-H Youth Development  
3500 Alexandria Pike  
Highland Heights, KY 41076  
Phone- (859) 572-2600  
Email: oprim@uky.edu



# 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...



# 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*





# APRIL

# CLOVERBUDS

APRIL 11, 2024 | 10:00-11:00 AM

APRIL 22, 2024 | 5:30-6:30 PM

Register for only one!

FUN | CREATIVE | HAND-ON  
LEARNING EXPERIENCES

All kindergarten-3rd graders are welcome!

register online <https://campbell.ca.uky.edu/>  
or by phone (859) 572-2600  
\*Registration opens 3/26/24

Cooperative Extension Service  
Agriculture and Natural Resources  
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Accessibility icon: wheelchair  
Accessibility icon: hearing aid  
Accessibility icon: person with a cane

# 4-H/FFA Livestock Club

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky



## Next Meeting!

**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:

**Owen Prim**  
Campbell County Extension Agent  
For 4-H Youth Development  
3500 Alexandria Pike  
Highland Heights, KY 41076  
Phone- (859) 572-2600  
Email: oprim@uky.edu

or

**Kelly Armour**  
Campbell County High School  
FFA Advisor  
909 Campbell Crossing  
Alexandria, KY 41001  
Phone- (859) 635-4161  
Email: kelly.armour@campbell.kyschools.us



# 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.



**UK** Martin-Gatton College of Agriculture, Food and Environment  
4-H Youth Development

## Entomology Club

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

March 19	June 18	September 17
April 16	July 16	October 22
May 21	August 20	

Meetings held at the Campbell County Extension Office.  
Register online at [campbell.ca.uky.edu](http://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: [glinn.butsch@uky.edu](mailto:glinn.butsch@uky.edu)  
Program open to Campbell County youth ages 9-18.

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

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Individuals with disabilities are encouraged to contact us for accommodations. Contact us at 859-572-2600.



Kentucky  
**4-H Teen Conference**  
 2024  
  
 H H  
 H H  
**100th ANNUAL**  
**ILLUMINATE 4-H**  
 LEXINGTON, KENTUCKY  
 June 11 - June 14

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](mailto:sfarley@uky.edu) for details and a registration packet

*Kellsey Agnew*

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