



## 4-H — A Family Affair News for New 4-H Families **Issue 3**

### To the Parents of a New 4-H Member

#### Dear 4-H Parent,

Your child will soon complete his or her first year in 4-H. I hope it has been exciting and rewarding. It's time for your child to evaluate what he or she has learned and to plan for next year.

This is the last 4-H — A Family Affair newsletter you will receive. Good luck throughout your child's 4-H career. Our website <http://www.extension.iastate.edu/boone/kidsteens.htm> has many useful resources.

Sincerely,

Youth Development Specialist

County Youth Coordinator



#### 4-H Record Keeping

Record keeping is an important life skill for youth to learn. It can be challenging. You can offer encouragement and guidance. Have patience as you work with your 4-H'er to complete records. Record keeping helps youth:

- ✦ learn goal setting, plan action steps to reach goals, and evaluate achievements.
- ✦ develop a sense of pride and accomplishment.
- ✦ learn skills in recording and organizing information for future use.
- ✦ learn how to communicate and summarize information.
- ✦ learn responsibility through completion of tasks.

Information in 4-H records may be used to apply for awards, scholarships, and even to prepare resumes in the future. Visit with your child's leader to learn about 4-H Award application information and due dates.

#### Re-enrolling Your Child in 4-H

Your child will need to re-enroll in 4-H each year. This gives him or her an opportunity to make decisions about the project areas he or she wants to work on throughout the year. You can help your son or daughter decide which projects to enroll in by discussing the options in the "Pick-A-Project" paper distributed through your county Extension office. A re-enrollment form, Medical/Release form, and payment of the \$30 Program fee are needed to complete re-enrollment.

#### Become a 4-H Volunteer

Volunteers make youth organizations successful. Volunteers that work with youth help young people develop healthy adult/child relationships. Let your child's club leader or the Extension staff know what kinds of things you would like to volunteer to do. Volunteering can be very rewarding. As a 4-H volunteer, you can:

- ✦ Help make the best better for youth.
- ✦ Meet other important people in your community.
- ✦ Share your special skills and interests.
- ✦ Gain new knowledge and expertise.
- ✦ Strengthen family involvement in community affairs.

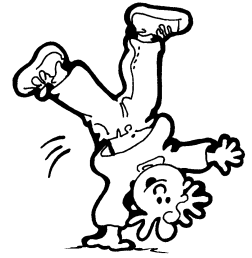


All new 4-H volunteers need to complete the Child Protection and Safety application process. The application process helps volunteers identify their interests and helps 4-H provide a safe learning environment for youth.

# Dear 4-H Member

## Congratulations!

You have nearly completed your first year in 4-H. Has it been exciting and fun? What did you learn? What do you want to do next year in 4-H? Answering these questions will help you evaluate what you did this year and to decide which projects to enroll in for next year.



## Finishing Your First Year

Hopefully, you have been gathering information for record keeping throughout the year. Recording information throughout the year makes completing your records at the end of the summer much easier. Although most youth use a record book, you may choose from these record keeping options: portfolio, computer, video, written records or a system you design. Some projects have additional worksheets that you need to complete. Check with your leader or the Extension office for information to help you with your record keeping choices. A sample record book is available for checkout from your leader or the Extension Office.

When you evaluate your 4-H year, look back at your goals and what you have done. Finish recording what you learned in each of your projects in your record keeping system. You may have changed some of your goals during the year. That's okay. Decide what went well and what you would like to do differently next year. If you need help, talk to your parents, your leader, Extension Staff, or another 4-H member. Check with the Extension office for details on award opportunities or you can check out the website at <http://www.extension.iastate.edu/boone/kidsteens.htm> for award information and forms. You may be eligible for awards recognizing you for your work this year.



## Getting Started for Next Year

Each year you need to fill out an enrollment form. Your leader or the Extension office will get one to you. Use the "Pick-A-Project" paper to help you decide which projects to list on your enrollment form. You may choose some of the same projects as this year or experiment with new ones. Once you have chosen your project areas, start writing your project goals.

Now that you know what 4-H is all about, you can become a more active member of your club. Let those planning your club's program for the year know what you like to do. Volunteer to help with club activities. Read the information you get from the Extension office.

## A Bit About 4-H

4-H club work began in Iowa in the early 1900's as an educational program for boys and girls. The first clubs were called corn clubs and canning clubs. They helped youth learn about growing corn and canning garden produce. Today youth learn about many more topics. They live in cities, small towns, rural areas and on farms. Although 4-H has changed over the years, the goal of helping young people to learn skills that they can use the rest of their lives still remains. There is truly something for each person's interests in 4-H.





# National 4-H Week

The first week of October is National 4-H Week. Join 4-H'ers across the nation in celebrating 4-H. Your club may be planning special events. You can be proud to be a part of the largest youth organization in the country! It's a great time to ask your friends to join your 4-H club.

## Share What You Learn

Developing communications skills is an important part of being a 4-H member. There are many opportunities for you to share what you have learned. When you share, others learn new things. You can share by doing educational presentations. Your club probably has one or more presentations given by members at each club meeting. When it's your turn to share, choose a topic of interest to you, maybe one related to a project you are enrolled in.

Plan ahead to gather information and supplies to help teach the members. You might even get the members involved in what you are doing (this is called a working exhibit). People only remember 20% of what they hear, 50% of what they hear and see, and 90% of what they do. Getting others involved helps them learn more.

Use your project manuals to gather information. Check with the Extension office for kits, videos, and other materials to help you prepare for your presentation. The library, your school, or the internet may also have resources.

## Ask Your Friends to Join

4-H is more fun when your friends are members too. Any person in grades four through twelve may be a 4-H club member. Tell your friends what you did this year and ask them to become part of the learning and fun that 4-H provides. Invite them to a club meeting to experience 4-H with you.

## Explore New Opportunities

There are so many opportunities in 4-H. The whole family may get involved in some activities. Watch for camps, conferences, workshops, recreational activities and citizenship activities in the 4-H newsletter and mail you receive from the Extension office.





# New 4-H Member Word Find



E	X	Y	S	S	H	R	F	F	H	H	E	A	D	P
F	P	Y	D	Y	U	C	V	X	C	L	U	B	S	L
J	W	N	R	M	Q	E	C	L	O	V	E	R	L	E
T	A	F	K	S	M	E	M	B	E	R	R	L	K	D
H	E	A	L	T	H	N	E	V	V	X	O	E	B	G
Y	G	M	C	O	M	M	U	N	I	T	Y	A	Y	E
H	R	X	I	Z	W	I	S	R	R	I	V	R	M	Z
B	E	M	P	B	N	T	I	A	W	M	S	N	E	W
R	E	A	Z	Q	C	A	F	F	U	D	T	I	E	W
I	N	E	R	E	F	T	A	O	N	A	H	N	T	I
P	D	Z	J	T	C	Z	M	E	E	G	C	G	I	F
Y	C	O	M	M	U	N	I	C	A	T	I	O	N	A
G	R	F	Y	E	Q	R	L	I	L	R	T	R	G	V
P	S	T	O	Q	F	M	Y	L	K	F	C	K	S	U
Q	B	Q	T	K	C	U	E	X	H	I	B	I	T	S

## Word List

- Clover
- Clubs
- Communication
- Community
- Exhibits
- Fair
- Family
- Friends
- Green
- Hands
- Head
- Health
- Heart
- Learning
- Meetings
- Member
- Pledge
- Projects

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