



# 4-H Outreach & School Enrichment

HIGH SCHOOL PROGRAMS || BREMER COUNTY

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## **Gardening to Give**

**Grades:** K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, All,

Gardening to Give is an interactive, educational program that is open to ALL Iowans and registration will open March 1st online. The program will run for 8 months beginning March 15th and wrap up in October. Monthly themes complete with lessons, activities, garden journaling, chats with experts, and produce features are items you can expect to see. Feed your club, community, country, and the world with hands-on and research-based challenges and learning opportunities focused on gardening and growing, designed for all ages and abilities. By working together across the state to grow gardens, we can not only provide food for our loved ones, but we can donate our harvest to food pantries while engaging in the gardening experience. This program will continue to be organized and facilitated by a committee of county and campus staff.

**Delivery Modes:** After School, Camps, Learning Community/Club, Distance Learning,

**Priority Areas:** Leadership and Civic Engagement, Healthy Living, Science, Technology, Engineering & Math

## **Growing in the Garden Local Foods Healthy Living**

**Grades:** K, 1, 2, 3, 4, 5, 6, 7, 8,

**Format:** purchased curriculum

Growing in the Garden: Local Foods and Healthy Living is designed for youth gardening programs, community neighborhood gardens, farm to school programs, Ag in the Classroom and Master Gardening projects. The seven units address topics such as why people garden, how to plan, plant, maintain and harvest a garden, and how to store and prepare garden produce.

**Delivery Modes:** After School, Camps, Learning Community/Club, School,

**Priority Areas:** Healthy Living

## **Iowa 4-H Camera Corps , Iowa 4-H**

**Grades:** 3, 4, 5, 6, 7, 8, 9, 10, 11, 12,

Iowa 4-H Camera Corps is a talented group of youth photographers working together to make beautiful, powerful, and creative photographs of communities from across of the state of Iowa. It is a unique opportunity to practice your photography skills and receive public recognition and juror feedback on your work. Each month, a photography theme is provided with a different focus. Professional evaluators will give individual feedback to each photographer after they submit their monthly photograph, and then each photograph will be exhibited digitally on the Iowa 4-H Facebook page where voting will be open to the public. All youth from all counties are welcome to join Iowa 4-H Camera Corps. We want to help you become the best photographers you can be

**Delivery Modes:** Camps, Event, Distance Learning,

**Priority Areas:** Communication & The Arts



## **Agriculture Every Day**

**Grades:** 4, 5, 6, 7, 8, 9, 10, 11, 12,

Agriculture Every Day is aimed at teaching youth in grades 4-12 about the importance of agriculture. Each short (20-30 min) stand-alone lesson is on a different agricultural science topic. These lessons are meant to be a sampling of different agricultural science topics.

**Delivery Modes:** After School, Learning Community/Club, Event, School,

**Priority Areas:** Science, Technology, Engineering & Math

## **Animal U**

**Grades:** 4, 5, 6, 7, 8, 9, 10, 11, 12,

ANIMAL U promotes involvement in animal agriculture and allows all youth the opportunity to increase their knowledge. It also enables more young people to become involved through accessible, straight-forward, and research-based information. Program Goals Connect more young people to animal agriculture and promote its application to everyday life. Create an understanding of the relationship between animal agriculture and the science and technology that supports it. Promote the variety of potential careers associated with food production through real-world experiences.

**Delivery Modes:** School, Distance Learning,

**Priority Areas:** Science, Technology, Engineering & Math

## **Crops Feed the World**

**Grades:** 4, 5, 6, 7, 8, 9, 10, 11, 12,

Iowa 4-H Crops Feed the World Lessons are designed to teach youth in grades 4 through 12 about the exciting world of crop sciences and crop production. Starting with an appreciation of what crops and farmers do for us and ending with a deeper understanding of the biology, study and production of crop plants.

**Delivery Modes:** After School, Learning Community/Club, School,

**Priority Areas:** Science, Technology, Engineering & Math

## **FLEx Forward Learning Experience , Iowa 4-H**

**Grades:** 4, 5, 6, 7, 8, 9, 10, 11, 12,

FLEx is a mobile learning program for advanced design technology benefiting 3rd through 12th students and beyond in a 21st-century paradigm. Structured around STEM, design thinking, 21st Century skills, and University Constructs (4 C's), this environment extends distant educational offerings by delivering full-scale augmented and virtual visualization, digital to real prototyping, circuit bending, and visual programming. As an Iowa State design outreach program for Iowans, the FLEx can visit classrooms, schools, libraries, science and art centers, educational conferences, and other community events throughout the state. Programs can be offered inside or outside, weather permitting, to best complement the learning environment and event.

**Delivery Modes:** After School, Camps, Event, School,

**Priority Areas:** Science, Technology, Engineering & Math



## **H2OH!** , Iowa 4-H

**Grades:** 4, 5, 6, 7, 8, 9, 10, 11, 12,

This lesson developed in collaboration with the State Hygienic Lab of Iowa teaches youth about the science of ground water and private wells. It discusses health issues with contamination of private wells, in particular arsenic which is a naturally occurring carcinogen. Resources include directions for a hands-on activity called “Edible Aquifer”, an interactive quiz, video, and materials for facilitating the activities. Training is required to deliver this resource. [Staff Lead](#)

**Delivery Modes:** After School, Learning Community/Club, School,

**Priority Areas:** Healthy Living, Science, Technology, Engineering & Math

## **STEM Club Activities** , Iowa 4-H

**Grades:** 4, 5, 6, 7, 8, 9, 10, 11, 12,

The Iowa 4-H Robotics program offers youth the opportunity to learn about robotics, coding, and STEM professions through engaging, hands-on experiences. Our monthly challenges inspire youth in grades 4-12 to experiment and grow in their coding, design, and critical thinking skills. All challenges are aligned with the Next Generation Science Standards and Iowa Computer Science Standards. Free PDF downloads are available in the Extension Store.

**Delivery Modes:** After School, Camps, Learning Community/Club,

**Priority Areas:** Science, Technology, Engineering & Math

## **State Science and Technology Fair of Iowa (SSTFI)** , Iowa 4-H

**Grades:** 6, 7, 8, 9, 10, 11, 12,

An event held each year in the Spring, Iowa 4-H Youth Development’s State Science + Technology Fair of Iowa (SSTFI) serves as a platform for student researchers (grades 6 – 12) to meet with professional researchers and communicate their findings and understanding of the research process. The SSTFI is an affiliate of the Intel International Science and Engineering Fair.

**Delivery Modes:** After School, Event, School,

**Priority Areas:** Science, Technology, Engineering & Math

## **AgOvation**

**Grade** 7, 8, 9, 10, 11, 12,

AgOvation is a research-based competition that challenges youth to explore and develop innovative science-based solutions to agricultural problems that they identify in their own communities. Youth in grades 7 through 12 work in teams of two to five members to develop a project and create a presentation to share their results, findings, and/or created solution/product. Youth work with a team coach and mentor from the agriculture-related field that most closely relates to their project. Youth are also encouraged to connect with representatives from Iowa State University and the agribusiness community, who are eager to meet and work with the next generation of leaders in agriculture and STEM (science, technology, engineering, and mathematics). This is an annual program.

**Delivery Modes:** Event,

**Priority Areas:** Science, Technology, Engineering & Math



## **4-H Reporters**

**Grades:** 8, 9, 10, 11, 12,

The Iowa 4-H Reporters is a new opportunity for youth in the position of Reporter, Historian, or Photographer in their local clubs and youth who have an interest in media and communications projects. This program offers in-depth hands-on learning experiences with partner organizations, as well as self-directed project creation as a part of a reporting team at the Iowa State Fair.

Youth grades 9-12 selected for this program will have the opportunity to:

- Work with professional mentors in partnership with Iowa Public Television and iHeart Radio
- Work on a team with other youth in Iowa who have an interest in Media and Communications
- Serve as a 4-H reporter for the Iowa State Fair for two consecutive days
- Attend a full day workshop with professional partners from Iowa Public Television Studios (in Des Moines)
- Receive state-wide recognition for their work on this project

**Delivery Modes:** Camps, Learning Community/Club, Event, Distance Learning,

**Priority Areas:** Leadership and Civic Engagement, Communication & The Arts

## **Mindful Teen , Iowa 4-H**

**Grades:** 7, 8, 9, 10, 11, 12,

Mindful Teen: From Surviving to THRIVING! is a six-lesson workshop series for youth in grades 7-12 based on the book, *The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time* by Dr. Dzung Vo. The program can be implemented both in-person or virtually, empowering youth and equipping them with practical strategies and mindful practices to manage stress, difficult emotions, and improve and support their overall well-being, relationships, and performance in school, sports, the arts, and other daily activities.

**Delivery Modes:** After School, Learning Community/Club, Event, School, Distance Learning,

**Priority Areas:** Healthy Living





# Other Opportunities



## 4-H CAREER PATHWAYS ACADEMY

The **4-H Career Pathways Academy** is a 12-month immersive program for all Iowa youth in grades 8-11 that provides pathways to college and career preparedness.

The program will:

- Engage marginalized youth in research-based educational opportunities that promote skill development in preparation for higher educational pursuits and careers in technical fields of study.
- Provide hands-on workforce development training to build leadership, innovative thinking, and entrepreneurial skills. Connect youth to externship opportunities in their local communities statewide.
- Prepare youth for long-term academic and vocational success, civic engagement, employability and economic stability, as well as provide them with opportunities for belonging and overall wellbeing.

### **4-H Animal Science Roundup**

Round-Up, conducted by the ISU Department of Animal Science, Extension 4-H Youth Development, and State commodity groups, is an annual gathering of top 4-H livestock project members from around the state. The Animal Science Department on the ISU campus hosts the event. Round-Up began in 1985 with the following objectives:

- Teach modern concepts and technologies in animal agriculture to Iowa 4-H'ers.
- Encourage and recognize achievements in Iowa 4-H livestock projects other than showing and fair activities.
- Introduce Iowa 4-H youth to career opportunities in animal agriculture.

### **Design Camp**

The College of Design at Iowa State University, in collaboration with Iowa 4-H Youth Development, offers an immersive summer experience that provides youth with a sense of what it is like to be a student in the college.

### **Iowa 4-H Youth Conference**

If you've completed 8th grade, you're eligible to attend. You don't even have to be in 4-H to attend this conference! You will get to experience campus life and meet new people from across the state! You will be having fun while learning by doing, dancing the nights away, and serving the community. You will get to learn new things to take back to your community and school, and in the process you might even discover something new about yourself! There are opportunities for you to share your talents and meet new people through educational workshops, teambuilding activities, and a talent show.

### **4-H Connect Retreat**

The 4-H Connect retreat is a path for untapped and underserved youth in grades 7-9 to begin engaging with the Iowa 4-H program. This event is designed to use cultural strengths to introduce young people to their local 4-H program, introduce volunteers and staff to culturally based leadership development best practices, and to connect youth to post-secondary educational opportunities and resources.

4-H Connect fosters:

A sense of belonging and a reflection of youth's identity in Iowa 4-H.

Explore educational career opportunities and resources.

Safe, welcoming, and inclusive spaces.

Meaningful connections to engage with culturally diverse youth around the state.

New Experiences sharing friendships, food and outdoor fun







# Get to know our Staff



## Nicole Reynolds-Thimmesch

### County Youth Coordinator

About Nicole, You will see her or hear her speak at different 4-H events. Her responsibilities are to lead the Bremer County 4-H program through shared leadership and teamwork. She is responsible for bringing all 4-H leaders, volunteers, and members in Bremer County together to deliver a strong program that is welcoming and inviting to all youth in our county and state. Nicole has served as a County Youth Coordinator for one year in Bremer. She is a lifelong 4- Her and an alum of Bremer County.

**Favorite Delivery Modes:** After School, Camps, Learning Community/Club, Event, School,

**Favorite Priority Areas:** Communication & The Arts, Animals & Natural Resources, Leadership & Civic Engagement

**Favorite Program to deliver:** Iowa 4-H Camera Corps, Mindful Teen



## Cody Emery

### Youth Outreach Educator

About Cody, life-long 4-Her himself in Southeast, Iowa. As a Youth Outreach Educator, his responsibilities, are to lead youth through shared leadership and teamwork skills, building up their future adventures. Also, deliver a strong program that is welcoming and inviting to all in Iowa!

**Favorite Delivery Modes:** After School, Camps, Learning Community/Club, Event, School

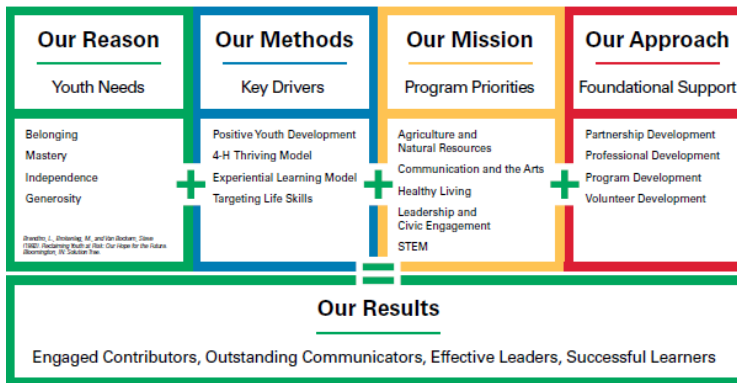
**Favorite Priority Areas:** Communication & The Arts, Leadership & Civic Engagement, Healthy Living

**Favorite Program to deliver:** Growing to Give, Agriculture Every Day, Iowa 4-H Camera Corps, Mindful Teen, State Science and Technology Fair of Iowa

## IOWA 4-H

### **EQUATION**

Empowering youth to reach their full potential through youth-adult partnerships and research-based experiences.



4H 3300 April 2022

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4-H   
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In 4-H, there are endless projects to explore. If you don't find the project area you're looking for, you can create your own! What interests you?

- |  |   |
|--|---|
| <input type="checkbox"/> ANIMALS (PETS)      | <input type="checkbox"/> ROCKETS          |
| <input type="checkbox"/> ANIMALS (LIVESTOCK) | <input type="checkbox"/> SPORTS           |
| <input type="checkbox"/> COOKING             | <input type="checkbox"/> SCIENCE          |
| <input type="checkbox"/> FASHION/CLOTHING    | <input type="checkbox"/> SEWING           |
| <input type="checkbox"/> FOOD & NUTRITION    | <input type="checkbox"/> SHOOTING SPORTS  |
| <input type="checkbox"/> HEALTHY LIFESTYLES  | <input type="checkbox"/> VIDEO PRODUCTION |
| <input type="checkbox"/> MUSIC               | <input type="checkbox"/> WOODWORKING      |
| <input type="checkbox"/> PHOTOGRAPHY         | <input type="checkbox"/> OTHER _____      |
| <input type="checkbox"/> ROBOTICS            |   |

**Step 1: Pick what interests you.** Find out details about 4-H projects at [www.extension.iastate.edu/4h/projects-list](http://www.extension.iastate.edu/4h/projects-list).

**Step 2: Choose a club and get involved.** Your local Extension office can help you find a club in your area that fits you and your goals.

**Step 3: Dream Big!** What you achieve in 4-H is up to you, so let your imagination run wild!

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4-H 

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**For more information contact us!**

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These will provide you with upcoming opportunities and deadlines,  
as well as let you know of any new changes.

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