



Bracken County 4-H News

October 2024 November



MEMO FROM MOLLY!

HEY EVERYONE!!!

ALL OF OUR CLUBS ARE GETTING READY TO KICK OFF!! I AM SO EXCITED TO SEE EVERYONE AND HEAR ABOUT HOW YOUR SCHOOL YEAR IS GOING. DONT FORGET TO FOLLOW US ON FACEBOOK TO SEE ALL THE FUN THINGS PLANNED FOR THE YEAR SO FAR!!!

hello FALL

4-H Council Meeting
November 20th 6PM
COME JOIN US!!!!

Daylight Savings Time Ends November 3

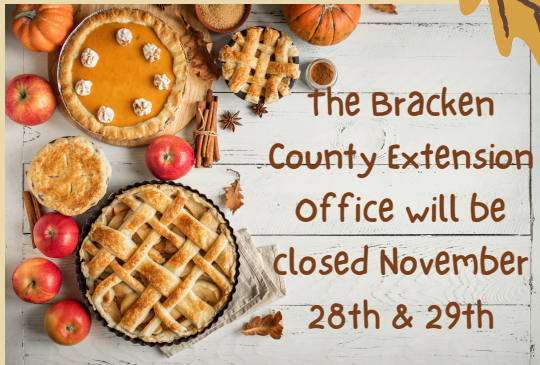


NATIONAL 4-H WEEK



Beyond Ready

Join 4-H today at
4-H.org
October 6-12



**LOOK INSIDE
FOR MORE!!!!!!**

PLEASE NOTE THE CHANGE OF SOME OF THE KICK OFF MEETINGS!!!!!!

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

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 Lexington, KY 40506



Disabilities
accommodated
with prior notification.

BRACKEN COUNTY 4-H RC CAR CLUB



THURSDAY OCTOBER 10

Bracken County Extension Office

6:00PM

Come have some fun with us learning all about RC Cars. You do not have to own one to join!

Open to youth ages 6 and up

Any youth under age of 9 must have a parent/guardian at meetings

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MASTER BUILDERS

BRACKEN COUNTY 4-H

Come join the fun of becoming a
Lego Master Builder!

KICK OFF MEETING OCTOBER 14, 2024



3PM-4:30PM



**MEETING LOCATION CHANGED
TO TAYLOR ELEMENTARY**

OPEN TO YOUTH AGES 6 AND OLDER

MUST BE 6 BY JANUARY 1, 2025

MUST COMPLETE A 4-H ENROLLMENT FORM

CLUB REGISTRATIONS WILL BE GIVEN AT KICK-OFF MEETING!

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LIVESTOCK CLUB KICK-OFF COOKOUT

*Join the livestock club to learn all things
about sheep, goats, pigs, and cattle!*

**October 15
6pm**

**PARENTS/GUARDIANS ARE REQUIRED
TO ATTEND THIS MEETING!!
Please bring a side dish!!!!**

**If you are wishing to exhibit in livestock
shows you are required to complete 6 hours
of educational credit.**

OPEN TO YOUTH AGES 5 and UP!!!!



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NEW

GREEN THUMBS GARDEN CLUB

Come join this club to learn all about gardening & horticulture!

We will be making some fun things and maybe taking some fun trips!

Open to youth ages 8 and up
Must have 4-H enrollment form on file

KICK OFF MEETING

October 17

3:00PM-4:30PM

Bracken County Extension Office

Youth may ride bus #30 to office with note from parent/guardian

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Family and Consumer Sciences
4-H Youth Development
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Disabilities accommodated with prior notification.



 **BRACKEN COUNTY 4-H** 

ARCS & SPARKS

OPEN TO YOUTH AGES 10 and Up

Must have a 4-H enrollment form on file

KICK OFF MEETING

October 22nd

3:00PM-4:30PM

**MEETING LOCATION
CHANGED TO BCHS!!!!**



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Bracken County 4-H



STEM Squad



**KICK OFF MEETING
OCTOBER 23
3PM-4:30PM**

**Bracken County Extension Office
Students may ride bus 30 to
Extension Office with a note**

***COME COMPLETE THE FUN
EXCITING CHALLENGES WITH
US EACH MONTH!!!!***

**OPEN TO YOUTH AGES 8 AND UP
MUST HAVE A 4-H ENROLLMENT FORM ON FILE
CLUB REGISTRATION WILL BE AVAILABLE AT
THE FIRST MEETING!!!**





BRACKEN COUNTY 4-H



Annual PUMPKIN CARVING Contest



- THERE WILL BE TWO CATEGORIES:
 - CARVING AND NON-CARVING.
- ENTRIES WILL BE JUDGED ON OVERALL APPEARANCE, ORIGINALITY, AND CREATIVITY.
- YOU MAY ONLY ENTER ONE CATEGORY.
- ALL ENTRIES MUST INCLUDE A LABEL WITH CHILD'S NAME & AGE
- ALL PUMPKINS NEED TO BE DROPPED OFF IN FRONT OF THE BRACKEN COUNTY EXTENSION OFFICE ON OCTOBER 28, 2024 BY 4:30PM. JUDGING WILL TAKE PLACE ON OCTOBER 29, 2024.
- ENTRIES AND AWARDS MAY BE PICKED UP ON OCTOBER 29, 2024 BY 4:30PM.
- ENTRIES NOT PICKED UP WILL BE DISPOSED.
- AGE CATEGORIES ARE:
 - 4-8 YEARS OLD, 9-11 YEARS OLD, 12-14 YEARS OLD, 15 AND UP



BRACKEN COUNTY 4-H
Country Ham Auction
&
Chili Supper

Friday

November 1, 2024

Bracken County Extension Office

Tickets: \$10 per person sold at the door

Meal begins at 6:00PM

Meal includes bowl of chili or chicken noodle soup, sandwich, drink,
and dessert

Ham Auction begins at 7:00PM

Come out and support the country ham kids and buy a ham for your
holiday supper!!!

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4-H Youth Development

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★ BRACKEN COUNTY 4-H ★



.....**CHRISTMAS**.....
PARADE FLOAT

● **PLANNING** ●
MEETING



NOVEMBER 7
AT 6:00 PM



BRACKEN COUNTY
EXTENSION OFFICE

COME HELP US PLAN AND
KEEP OUR WINNING
TRADITION ALIVE



**Bracken
County 4-H**

Crafting



Only
\$25

**SATURDAY
November 2nd
9AM-1PM
Lunch Provided**



**Bracken County Extension
Office**

**OPEN TO YOUTH
AGES 9 AND UP**

**REGISTRATION DUE BY
OCTOBER 18TH**

Crafting Class

Youth's Name: _____
Youth's Age as of Jan.1, 2025: _____ Youth 2024/2025 School Grade: _____
Parent/Guardian Name: _____
Address: _____
Phone: _____ Text message: ___ Yes ___ No
Email: _____
Emergency Contact and Phone #: _____
Allergies: _____
Parent/Guardian Signature: _____

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YOUTH

HEALTH BULLETIN



OCTOBER 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>

THIS MONTH'S TOPIC

GET ACTIVE WITH SPORTS!

What is your favorite sport? There are lots of sports to choose from: team sports like basketball, baseball, tennis, or lacrosse, and individual sports like swimming, cross-country, gymnastics, or archery. As well as many more! Each sport has its own set of rules and special skills to learn, but most sports have a few things in common. They help kids to be active, move their bodies, and have fun! See if you can name a sport or activity that starts with each letter below:

- A: _____
- C: _____
- T: _____
- I: _____
- V: _____
- E: _____

Continued on the next page →



➔ **Continued from the previous page**

It is important for kids to move their bodies at least 60 minutes — or 1 hour — every day! Being active helps your bones to be strong, your muscles to be powerful, and your organs to work the way they should. To put it simply, our bodies are made to move. It feels good when we run, jump, and climb!

Sports are good for your body, but more than that, you can learn skills like teamwork, how to make a plan and follow through with it, and how to be a good winner and loser. Playing sports can also help with focus, memory, and coordination. Have you ever had an idea in your mind about how you want to move (like being able to jump and kick in the air), but you couldn't make your body move that way? Sports help your mind and body work together better.

Are you thinking of trying a new sport? It is great to try new things! You may feel a bit nervous or unsure, but there are lots of sports out there to try. If you are signing up for a new sport, your coach will be a great help. They will teach you the rules and the skills you need to learn to play well. Your teammates will help encourage you and show you how to play. Your parents or siblings can even help you to practice at home to learn even faster.



Fill in the blanks below, then talk to your parent or caregiver about getting involved in a sport this year.

These are the sports I have played:

I would like to play this sport on a team:

I would like to keep playing this sport:

If I could try a new sport, I would like to try:

REFERENCE:

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Sports-061.aspx

**ADULT
HEALTH BULLETIN**

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of Kentucky School of Human
Environmental Sciences)

