



PENDER COUNTY 4-H
VIRTUAL
SUMMER
FUN



THANK YOU

LETTER TO PARENTS AND GUARDIANS

Thank you for allowing the youth in your life to share part of their summer with us. 4-H values positive youth development through hands-on learning in a safe environment. Unfortunately, due to COVID-19, our environment will have to be online.

Our caring adult and teen volunteers are positive role models and want to spend time with youth in our community. They're working to do what the 4-H motto explains: To Make The Best Better!

We are excited to see new and returning faces as we meet in new ways this summer. Please don't hesitate to contact our 4-H Youth Development Agent, Liz Peterson, with questions you may have.

We look forward to exploring with you this summer!

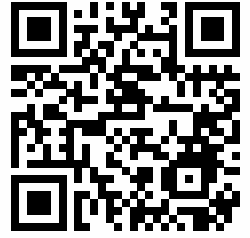
Sincerely,
Pender County 4-H



TABLE OF CONTENTS

Registration.....	3	4-H Kickin' Nutrition	10
Presentations Contest	4	4-H Congress	11
Turtle Trash Collectors	5	Vermicomposting	12
Just Say "NO"!	6	Other Opportunities	13
Georgia Aquarium Tour	7	Accommodations/Expectations	16
Citizenship Focus	8	Enrollment Help Guide	17
4-H Real Media	9		

REGISTRATION



HOW TO REGISTER

All Summer Exploring programs are free of charge this year. Registration takes place through Google Forms, beginning June 1st. Go to go.ncsu.edu/pender4h_summer_registration2020 or scan the QR Code above!

Then, youth must enroll in 4-H prior to the start of the selected program. Enrollment is free, and can be completed at <https://nc.4honline.com/>. Reference the step-by-step guide, included at the end of this catalog, when enrolling in 4HOnline. If you have issues registering, please contact us.

ABOUT 4-H

4-H is a voluntary, educational program for youth ages 5-18. Our approach to youth development is through hands-on learning. **In 4-H, we believe in the power of young people.** We see that every child has valuable strengths and real influence to improve the world around us.

The three main program areas are STEM, agriculture, and healthy living. The four H's stand for Head, Heart, Hands, and Health.

Nationally, our network of 500,000 volunteers and 3,500 4-H professionals provides caring and supportive mentoring to all 6 million 4-H'ers, helping them grow into true leaders today and in life. There are a number of 4-H Clubs and programs offered in Pender County, including these summer programs.

ABOUT N.C. COOPERATIVE EXTENSION

4-H is delivered by Cooperative Extension. **N.C. Cooperative Extension has offices in all 100 counties in North Carolina and the Eastern Band of Cherokee,** and works to help improve the land, lives and economies of North Carolina.

Presentations Contest

Presentations are a huge part of North Carolina 4-H! It is one of the most successful ways to help a young person learn how to do a public speech. It focuses on members teaching others what they know about a particular project/subject matter. They are sometimes called demonstrations or illustrated talk or a formal speech.

There are many benefits to public speaking, including learning life skills, such as increasing public speaking skills, confidence, and knowledge in a subject matter.

Presentations should be approximately 5-12 minutes long and need to be in one single take. No editing is allowed! For more information, go to

<https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/presentations/>

FOR AGES 5-18

Presentations will be a little different this year. Instead of speaking live in front of an audience, 4-H'ers will instead record themselves in one single take and send in their video to be judged.

Below is the timeline:

May 26th: Video due for County Judging

June 12th: Video due for District Judging

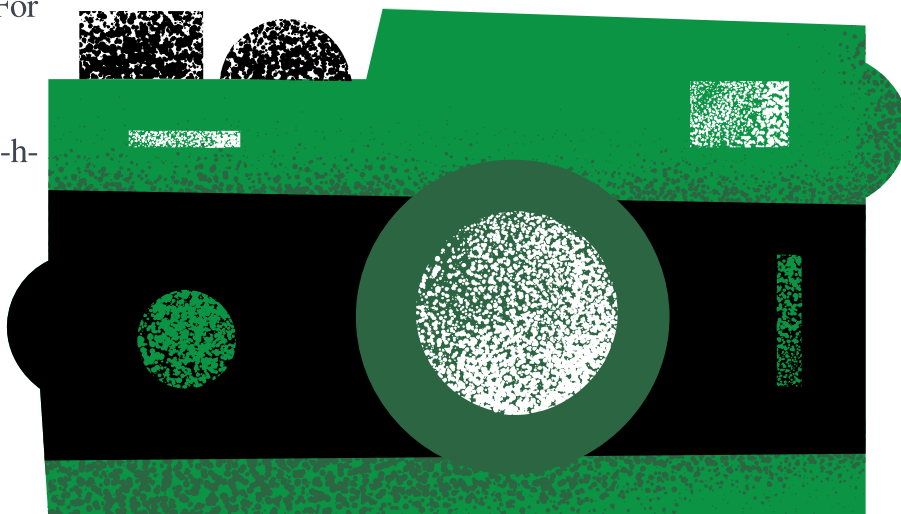
July 3rd: District winners announced

July 20th: Final video due for State Presentation Finals

First full week of August: State winners announced!

To register for County Presentations, go to:

go.ncsu.edu/pender_activity_day_2020



TURTLE TRASH COLLECTORS

UNCW MarineQuest is offering this FREE virtual program for Pender County 4-H funded by the NOAA Marine Debris Program. This program is designed to educate youth about the impacts of marine debris and encourage behavior changes to reduce the generation of marine debris in the future.

FOR AGES 8-12

THURSDAY, MAY 28TH @ 2PM

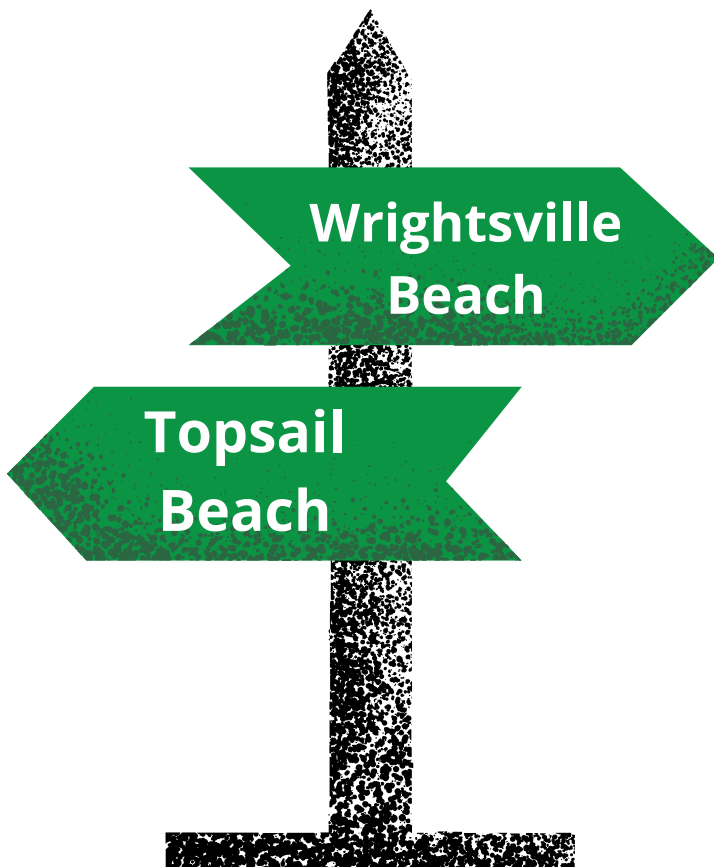
MONDAY, JUNE 8TH @ 12 PM

TUESDAY, JUNE 16TH @ 12 PM

STUDENTS WILL:

- Virtually participate in a simulated sea turtle necropsy (animal dissection)
- See how trash in the ocean can impact sea turtles
- Learn how trash can get to the ocean
- AND learn how we can all help stop marine debris!

Students will also have a chance to become a Turtle Trash Collector and earn our digital turtle badges by collecting trash outside with the help of an adult. This is something families can do together to help us save the ocean, while also flattening the curve since they can practice social distancing while cleaning up their neighborhood.



JUST SAY "NO"!

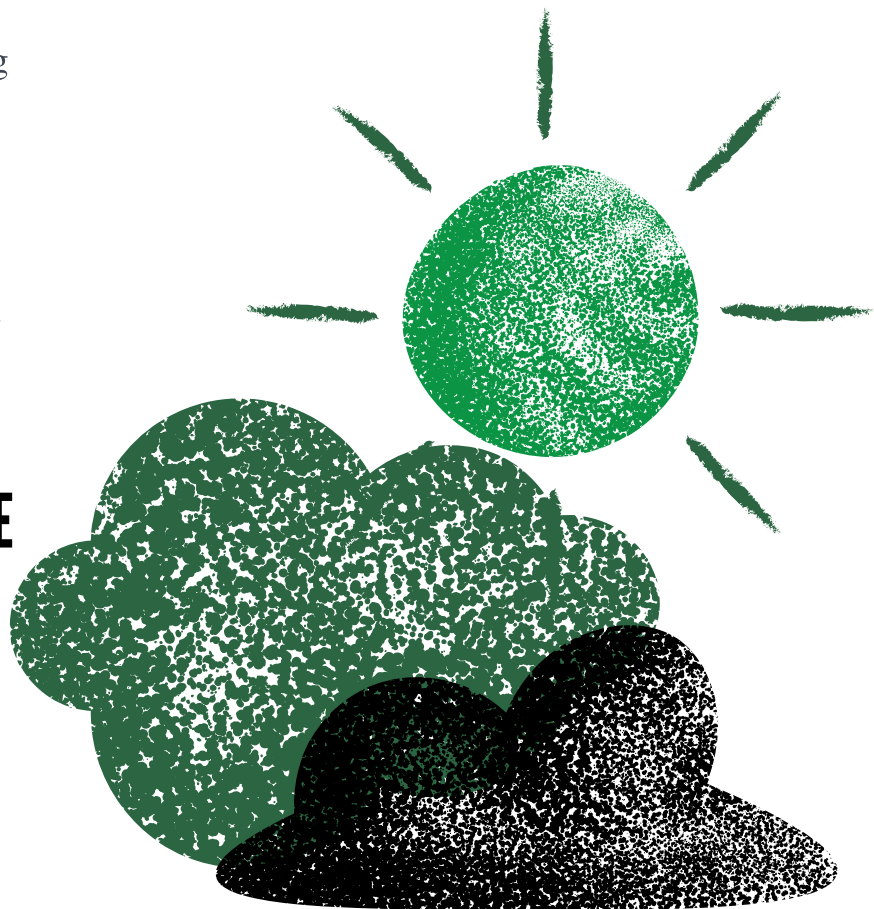
The Health Rocks! Vaping Prevention Program, Just Say "NO"! is a healthy living program aimed at 11 to 14 year olds, with the goal of bringing youth, families and communities across the United States together to reduce vaping by youth. The goal is to prevent youth from vaping or stop vaping if it has occurred. The Vaping Prevention Program lessons are designed to teach your child about the importance of staying vape-free by identifying what vaping is, health effects resulting from vaping, personal strengths, and the power of advocacy. This guide gives background information on each beginning lesson and tips for talking with your child about vaping prevention.

**TUESDAYS/THURSDAYS IN JUNE
3:00 - 4:00 PM**

**FOR AGES 11-14 OR
6TH-8TH GRADES**

This program is limited to the first 5 participants. This will be a joint program with Iredell County 4-H, so you will get to meet youth from across North Carolina!

This will be a fun, interactive way to learn more about the negative substances that youth are getting pressured to do.



GEORGIA AQUARIUM TOUR

The Georgia Aquarium has webcams set up on many of their amazing underwater exhibits!

Cabarrus County 4-H'er, Emily Pennell, is offering her skills and knowledge and will walk you through this virtual tour!

She has already given many virtual tours to many 4-H clubs and groups. Emily is very knowledgeable about the species of animals found at the Georgia Aquarium and can answer any questions you may have!



We will be having two sessions on Wednesday, June 3rd! One for Cloverbuds (ages 5-7) from 2:00-3:00 PM, followed by another session for youth ages 8-12 from 3:00-4:00 PM.

**WEDNESDAY, JUNE 3RD
2:00 - 3:00 PM
FOR AGES 5-7**

**WEDNESDAY, JUNE 3RD
3:00 - 4:00 PM
FOR AGES 8-12**

**4-H
GROWS
HERE**



CITIZENSHIP FOCUS

This year, Citizenship North Carolina Focus will focus on advocacy and telling your story, local and state government, and action planning. If a youth delegate participates fully in this conference (attending all sessions as well as completing the final project) they will receive a t-shirt as well as a certificate.

Dates: June 15-17, 2020

Location: Zoom

Times: 1:00 – 4:00 pm each day

Cost: There is no cost to attend this event.

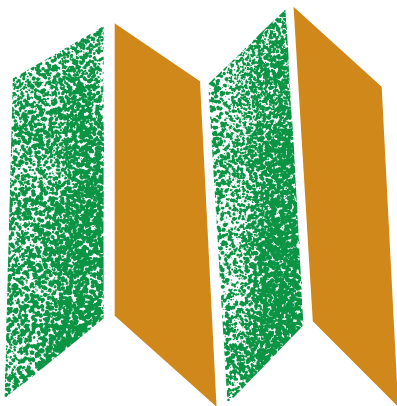
Ages: This event is open to all 4-H youth ages 13-18

Limit: This event is open to the first 300 youth who register

To register for this event, please contact Liz directly at liz_peterson@ncsu.edu.



**JUNE 15-17
1:00-4:00PM
FOR AGES 13-18**



Final Project: After attending the conference, participants are expected to work with their 4-H Agent to develop and implement an action plan utilizing the skills they learned during the conference. The tentative due day for the final project is August 10, 2020.

4-H REAL MEDIA

4-H REAL media is a curriculum to prevent adolescent substance use among 7th-12th graders by:

- increasing their knowledge of advertising techniques used to sell alcohol, tobacco, marijuana and other drug products
- developing their counter-arguing and critical-thinking skills in response to these messages
- helping them apply these skills and techniques to create youth-driven, anti-drug messages

The activities are designed to be engaging and challenging. They encourage students to reflect and offer their thoughts via open-ended questions as well as quizzes and optional depth sections where students can further explore their interests. Each level ends with an interactive challenge that allows participants to apply new skills.

We are partnering with Brunswick County 4-H to offer this!

**MONDAYS & WEDNESDAYS
FROM JUNE 29TH-JULY 15TH**

JUNE 29, JULY 1, 6, 8, 13, & 15

3:00 - 4:00 PM

FOR AGES 12-17

Youth will learn about how companies use advertising and marketing techniques to get their message across. **This is a unique opportunity for youth who are interested in pursuing careers in advertising, marketing, or public health as it ties in all three!**



KICKIN' NUTRITION TV

KickinNutrition.TV offers a nutrition and healthy habits program for youth in 4th-7th grade. **The program includes comedy episodes, peer-taught nutrition instruction, cooking demonstrations, featuring diverse teen characters and cool music and games!**

Your student can become a "Top Chef" through this program and will earn badges as they are on their way!

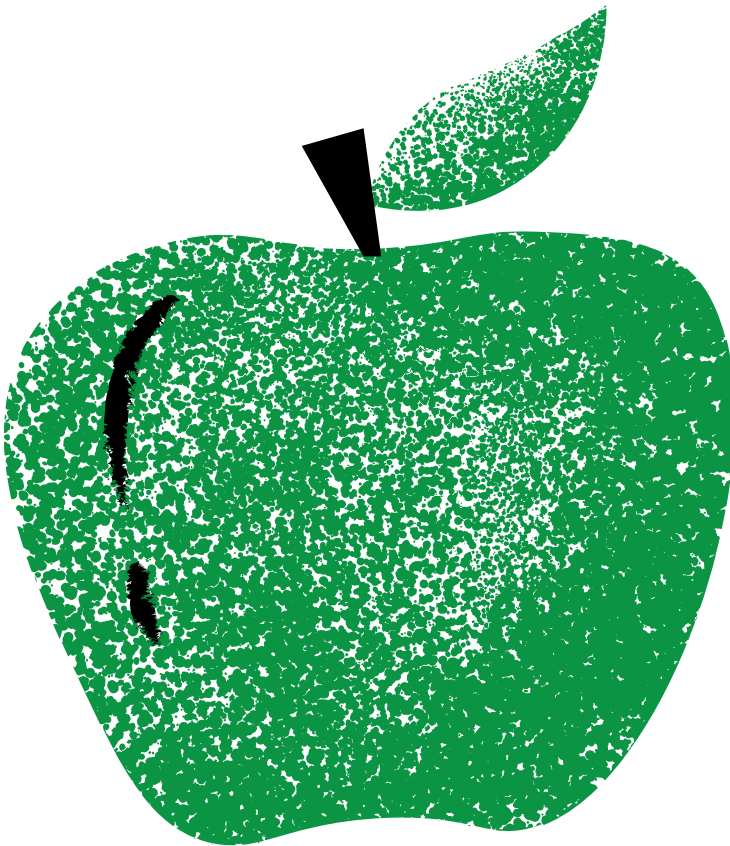
**THURSDAYS
STARTING JULY 9TH
AND ENDING AUGUST
13TH**

**FOR YOUTH IN
GRADES 4-7**

In this 6 week program, youth will learn all kind of healthy habits, including portion control, making their own snacks, whole grain foods, the importance of drinking water more often, reading nutrition labels, and more!

Students must have stable internet access to be apart of this program.

This will be a partnership between Pender, Brunswick, and Greene County 4-H programs! Youth will be able to interact with their peers from these counties, and hopefully make some new friends!



NC 4-H CONGRESS

NC 4-H Congress is always a crowd favorite! From workshops to dances, to electing new State Officers and participating in a service project, there is something for everyone! And you get to meet so many new people!

This year, it will be virtual - but we will still be including some of our favorites - including Honor Club Tapping, Workshops, a dance, and electing our 2020-2021 North Carolina 4-H State Officers!

There will also be a 4-H Variety Show! If you are interested, you will record a video of your talent. Deadline for entries is June 19th.

DATES: JULY 20-23

COST: \$25

FOR AGES 13-18

Times:

Monday, July 20th: 1 - 4:00 pm

Tuesday, July 21st: 1 - 4:30pm & 7 - 9 pm

Wednesday, July 22nd: 1 - 4:30 pm & 8:30 - 9:30 pm

Thursday, July 23rd: 1 - 2 pm

T-Shirts will be available for purchase, with more information to come.

To register for this program, contact Liz directly at liz_peterson@ncsu.edu



VERMICOMPOSTING

WORMS!? EWWWW, right???

WRONG! Worms are so cool and so helpful!! So what is vermicomposting? It reuses worms and micro-organisms to convert dead organic matter into nutrient-rich humus - aka, you feed your worms organic matter, and then you are able to use worm "castings" as fertilizer in your garden!

WEDNESDAY, JULY 28TH
VIA ZOOM
3:00 - 4:00 PM

AGES 5 - 12

Youth will learn all about vermicomposting, how to create their own vermicomposting bin, what to feed your worms, and the benefits of vermicomposting.



CITIZEN SCIENCE PROJECT

Since the spread of COVID-19 and quarantines around the world, Mother Earth has started to heal. **Air quality has improved and animals are returning to areas where they haven't been seen in a long time!** We want to find out if marine debris has also improved and we need your help. By collecting data on litter in our neighborhoods, we can understand how COVID-19 impacts pollution and marine debris.

Here's how you can help:

- 1) Pick a place you can do a cleanup, perhaps your neighborhood, the local park, or the beach.
- 2) You will need to cleanup this route 3 times: once now, then again when quarantine restrictions are lifting, and once more when everything is reopened and back to normal.
- 3) During each cleanup, keep track of the trash you collect using a data sheet and report your data to us so we can keep track of everyone's progress!



You will receive the correct forms and more information after you register!

4-H ROCKS! - Take Home Exploration

4-H ROCKS! We have seven kits that allow youth to explore rocks! Are they sedimentary? igneous? Metamorphic? Is it shiny or dull? Is it rough or smooth?

Youth will receive a kit that includes various types of rocks, as well as a chart. You will also have access to a recorded video to help walk you through the activity.

We have seven kits available that we can check out for one week at a time. Please make sure all rocks are in the box when you bring it back! :)



FOR AGES 5-18

OTHER OPPORTUNITIES



18 U.S.C. 707

That's a wrap for our local 4-H Summer Fun programs and activities, but there will also be other 4-H opportunities available to you at a state level with North Carolina 4-H. For example, on page 11 you will find details about the NC 4-H Summer CAMP OUT! Stay tuned for more opportunities!

Finally, **we'd like to remind you that 4-H is a year-round youth development program.** So, if you enjoy your summer, come back and be with us in the fall.

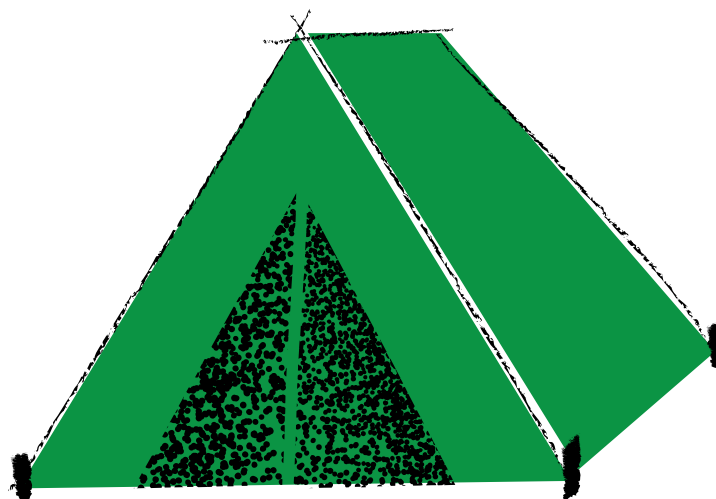
NC 4-H SUMMER CAMP OUT

Open to any family wanting to have an outdoor camping experience with virtual connections and learning to make it FUN, this one-week event will feature some favorite 4-H camping traditions like a dance party, slideshow, trivia night, arts & crafts, and more.

Register youth ages 5 and up for the statewide event taking place June 22-26 through Eventbrite by searching for "NC 4-H Summer CAMP OUT! 2020."

Like our local summer programs, it is free to attend, but space is limited and registration is required. See updated information on the Facebook event "NC 4-H Summer CAMP OUT! 2020."

Once registered, use an a la carte menu of organized camp activities, so you can invest as much or as little screen time as you want.



FOR YOUTH AGES 5 AND UP

Sessions will even be led by trained, live camp counselors.

The week's activities will culminate in a Friday-night backyard (or living room) CAMP OUT complete with some of your favorite camp songs, skits, and s'mores.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Flag Raising, Orientation, Opening Campfire	Nature Art, Ecology, Stories in the Stars	Mindfulness, Beaver Pond Exploration, Trivia Night	Arts & Crafts, NC Pine Forests, Dance Party	Storytime, Outdoor Survival Skills, CAMP OUT!

The above activities are only part of what will be offered. [Go online to learn more and register.](#)

NC 4-H VIRTUAL SUMMER ACTIVITIES

Teams of 4-H & Extension professionals have been working hard for a way to engage youth with fun, hands-on activities, but from a distance! The product is a fun virtual learning program for youth ages 5-18 to keep children engaged and having fun all summer long with North Carolina 4-H!

Space is limited for some programs, and each program is targeted at a specific age group. Program areas include Animal Science, Planet Science, STEM, Personal Development & Leadership, Healthy Living, Family & Consumer Science, Environmental Science, and Civic Engagement.



FOR YOUTH AGES 5 - 18

Coffee & Culture	Back to the Basics	Plant Geeks Unite	STEM
Log On To Leadership	Down on the Farm	Explore Outdoors	4-H Healthy Habits Family

To learn more and register, go to <https://nc4h.ces.ncsu.edu/4-h-curriculum-at-a-glance/nc-4-h-virtual-summer-programs/>

ACCOMMODATIONS

MAKE A REQUEST

Accommodation requests related to a disability should be made by one week prior to an event to Liz Peterson at 910-789-2833 or liz_peterson@ncsu.edu.

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University and North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

PROGRAM EXPECTATIONS

Participants are expected to abide by the 4-H Code of Conduct, which is included in our enrollment process. As written on page 2, **youth registering for Summer Fun must also enroll in 4-H prior to the start of the selected program.** The following may result in dismissal from the program: bullying, harassing or using derogatory language towards another person or group of people.

By registering in a Summer Fun program, the parent/legal guardian of a participant agrees to: limit distractions, work with program staff to resolve any issues that may arise, keep the participant safe through-out the program, and ensure the participant logs-in on time and is prepared for the program. Five minutes into each activity session, the virtual meeting space will be locked and you will not be able to access the content. This is for security and safety purposes for participants.

4-H Agrees to: take attendance and allow only registered participants to participate, address problems that are brought to their attention, and ensure that all participants are treated with dignity, fairness and respect.

North Carolina 4-H

Enrolling in 4HOnline



SETTING UP A PROFILE

You will be required to set up a family profile on **4HOnline**, the on-line North Carolina 4-H Enrollment and event registration program. The family profile will be where the members (Youth & Adults) will enroll. The website can be found at <https://nc.4honline.com>

1 If you need to create a family profile, select "I need to setup a profile," complete the fields required and click Create Login.

What happens if it says **User account already exists**? This means a family profile exists with that email address because your child was already enrolled through their local Extension Office. Select "I forgot my password" and a new password will be emailed to the email address on file. **Please do not create a 2nd account!** Then follow the steps on the tip-sheet, **Re-Enrolling in 4hOnline**.

☐ I have a profile
☒ I need to setup a profile
☐ I forgot my password

Are you in a Military 4-H Club: ☐

County:

Email:

Confirm Email:

Last Name:

Password: Min. of 8 characters at least 1 number and 1 capital or non alpha

Confirm Password:

Role:

2 Follow the instructions on the Family Information page and click **Continue**.
SET UP ONLY ONE (1) FAMILY PROFILE PER HOUSEHOLD!

After adding the family, add your family members to that family profile. Use the follow to determine the type of membership to add:

- **Adult:** 4-H volunteers
- **Youth:** 4-H youth between the ages of 8 and 19 who are involved in a 4-H program

IMPORTANT! Adult records should only belong to adult volunteers.

For adults and youth, the next pages are authorization releases and health forms for risk management. These are important to have completed in case you get injured at a club meeting or 4-H event. If you have questions or concerns when filling out the forms, contact your **County Extension Office**.

When adding a club, select the club from the drop down and click "Add Club" button to save the selected club. Repeat the same steps to choose your project(s). Each 4-H youth member must have at least one club to be marked active and valid.

Note: Members at Large (Youth members who do not belong to a club) should select the "Member at Large" club option.

Adult Volunteers: If you are a club volunteer - select your club from the drop-down bar. If you are **not** a club volunteer - skip this section - by clicking **Continue**.

Clubs Projects Activities Awards Groups

Select a minimum of 1 club(s) and a maximum of 8 club(s)

Select a Club

Primary Club Edit

When you complete the registration process - click "Submit Enrollment" to send to your local county for activation.