



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Campbell County
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Highland Heights, KY 41076
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www.campbell.ca.uky.edu

JUNE 2022

4-H YOUTH DEVELOPMENT NEWSLETTER

Multi-County 4-H Communications Event



facebook Visit Campbell County 4-H on Facebook to see more photos from this event...

Congratulations to all participants in the Multi-County 4-H Communications Event.

Braden Hord
Demonstration – Blue ribbon

Logan Meyer
Demonstration – Blue ribbon

Natalie Kirst
Demonstration – Blue & Champion, advancing to State 4-H Communications Day

Lily Heiss
Speech – 9 year old
Blue and advancing to State 4-H Communications Day

Ella Myers
Speech – 12 year old
Blue & Champion – advancing to State 4-H Communications Day

Martina Bezold
Speech - 11 year old
Blue ribbon

Macy Humphreys
Speech – Blue ribbon

McKenna Desmond
Speech – Blue ribbon



LOTS GOING ON 

What's Happening in 4-H

JUNE

- June 1 - State 4-H Horse Judging Competition
Lexington, KY
- June 2 Saddle Up 4-H Club Meeting
- June 7 Colorful Crafts Class
- June 8 4-H Cloverbuds
- June 5-10 Horse Camp
Alexandria Fair Grounds
- June 14 4-H Family Night
- June 16 Mixed Media Class
- June 18 - Saddle Up Club Horse Show
All Divisions (Rain-June 25) at Saddle Club
- June 25 Top of KY Lamb Show
Boone County
- June 28 4-H Cloverbud Day Camp
- June 30 4-H Nature Crafts Class
- July 2-7 KY State Horse Show
Kentucky State Fair & Exposition Center,
Louisville, KY





4-H Saddle Up Club

4-H Saddle Up Club had a good day for the Horse Show Clinic. Thank you Jamie and Trisha for your experienced advice!



Visit Campbell County 4-H on Facebook to see more photos from this event...

2022 Summer Reading

TOWER TUESDAYS

WATKINS WEDNESDAYS

JOLLY THURSDAYS

Tower Park's Amphitheater, Fort Thomas @ 10 am

- June 7 - Honey Hill Farm Mobile Petting Zoo
- June 14 - Police and Fire Appreciation
- June 21 - Family Concert with David Kisor
- June 28 - Shark Tank Science
- July 12 - The Children's Theatre Presents *Jacqueline and the Beanstalk*
- July 19 - Cincinnati Circus Juggling Show
- July 26 - Kentucky Reptile Zoo

Bernadetta Watkins Park, Newport @ 10 am

- June 8 - Good Green Earth Farm Traveling Petting Farm
- June 15 - Play, Explore, Build!
- June 22 - Cincinnati Museum Center Presents Coral Exploration Station
- June 29 - Kentucky Reptile Zoo
- July 13 - Family Concert with David Kisor
- July 20 - Giant Yard Game Day
- July 27 - Honey Hill Farm Mobile Petting Zoo

A.A. Jolly Park's Stapleton Pavilion, Alexandria @ 10 am

- June 9 - Kentucky Reptile Zoo
- June 16 - Family Concert with David Kisor
- June 23 - The Children's Theatre presents *Jacqueline and the Beanstalk*
- July 14 - Honey Hill Farm Mobile Petting Zoo
- July 21 - Madcap Puppets presents *Fairy Tales*
- July 28 - Kentucky Shakespeare presents *Much Ado About Nothing*

JOSEPH J. STAPLETON PAVILION





The 4-H Dog Club had a meeting in May. We worked on several tasks with our furry friends.



Visit Campbell County 4-H on Facebook to see more photos from this event...

YOUTH HEALTH BULLETIN



JUNE 2022

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

THIS MONTH'S TOPIC:

FAMILY HEALTH AND FITNESS

Do you ever find it hard to sit still? When you are young, your body wants to move. So listen to your body, and get active every day to feel good! One of the best ways to move is with friends and family. Family Health and Fitness Day is Saturday, June 11. It is a special day to show the importance of movement by keeping families healthy and active. So celebrate this year by learning about physical activity and getting active on June 11.

Moving more can give you a boost in many different ways. Physical activity gives you energy and self-confidence and helps you feel relaxed. And, it is true that physical activity can help you do better in school.

How much activity do I need?

If you are between ages 6 and 17, you need at least 60 minutes of activity each day.



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LEXINGTON, KY 40546

Parents can help stock the house with healthy foods and plan physical activities for the family.

→ Continued from page 1

So, what kind of activity do I need?

Get a mix of activity. Do things that:

- Strengthen bones: Jump, sprint, or do a cartwheel.
- Build muscles: Climb a rope, monkey bars, or pushups.
- Make your heart beat faster: Dance, bike, or skateboard.

Split up your 60 minutes over the day however you want. It all adds up!

- Before school: Walk to school or the bus stop. Dance around the living room while getting ready.
- At recess: Play soccer with your friends. Swing on the monkey bars.
- After school: Walk your dog or go to basketball practice.

Be sure to keep the focus on fun. Do not do something you do not enjoy. Physical activity and sports should always be fun! Sometimes



you just have to try different activities before you find the right one for you. Ask your parents to help find or participate in your favorite sports and activities. Parents can make activity easy by providing equipment, signing you up for classes or sports teams, and taking you to playgrounds and other active spots. Your parents can even stock the house with healthy foods and plan physical activities for the family.

Tell your parents about Family Health and Fitness Day, and start to plan how you are going to celebrate together. You can even teach them a thing or two about the physical activity recommendations for youths.

So enjoy moving and do activities you enjoy with the people you love!

REFERENCES:

- <https://www.rzpa.org/events/family-fitness-day>
- <https://kidshealth.org/en/kids/fit-kid.html>
- <https://www.cdc.gov/physicalactivity/basics/children>



YOUTH HEALTH BULLETIN

Written by: Natalie Jones
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Cartoon Illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Science)

4-H SUMMER CLASSES

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

4-H CLASSES ARE OFFERED TO CAMPBELL COUNTY YOUTH
AGES 9-15 YEARS OLD. CHECK OUT OUR CLASSES.



June 7

10am-12pm

Colorful Crafts

Using lots of color create fair ready projects. **Registration opens May 19.**

Class is at
Campbell County
Extension Office

June 14

10am-12pm

Mason Jar Lamps

Learn how to build your very own lamp. **Registration opens May 19.**

Class is at
Campbell County
Extension Office
There's a waiting List
for this class

June 16

10am-12pm

Mixed Media Art

Using a variety of paints and materials create a unique project. **Registration opens May 19.**

Class is at
Campbell County
Extension Office

June 17

10am-12pm

Wooden Step Stool

Build a fair ready wooden step stool. **Registration opens May 19.**

Class is at
Campbell County
Extension Office
There's a waiting List
for this class

June 30

10am-12pm

Nature Crafts

Explore the outdoors and create nature masterpieces. **Registration opens May 19.**

Class is at
Environmental
Education Center
There's a waiting List
for this class

July 14

10am-12pm

Build a Birdhouse

Learn about birds and build a birdhouse. **Registration opens June 30.**

Class is at
Environmental
Education Center

July 21

10am-12pm

Garden Crafts

Explore the gardens and create a variety of arrangements. **Registration opens June 30.**

Class is at
Campbell County
Extension Office

<<< Register online at campbell.ca.uky.edu or by phone 859-572-2600 >>>
Registration closes 1 week prior to each class.

4-H CLOVERBUD SUMMER CLASSES

4-H CLOVERBUD CLASSES ARE OFFERED TO CAMPBELL COUNTY YOUTH IN GRADES K-3RD. CHECK OUT OUR CLASSES BELOW!

Cloverbud Day Camp- June 28 10am-12pm

Have fun and create projects to take home and to display at the fair. Class is at Campbell County Extension Office. Registration opens June 3.

Cloverbud Day Camp- July 20 10am-12pm

Have fun and create projects to take home and to display at the fair. Class is at Campbell County Extension Office. Registration opens June 29.

Cloverbud Mindfulness Day Camp- Aug 2nd & Aug 3rd 10am-12pm

Learn mindful tools, relax and have fun. Participants are Required to attend both days. Class is at Environmental Education Center. Registration opens July 5.

Address to Class Locations Registration is online at

**Campbell County
Extension Office**

3500 Alexandria Pike
Highland Heights, KY
41076

**Environmental
Education Center**

1261 Race Track Rd
Alexandria, KY 41001

campbell.ca.uky.edu
or by phone 859-572-2600
Registration closes 1 week prior to each class.

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.





4-H CLUB REPORTS



4-H Saddle Up Club

The Campbell County 4H Saddle Up Club met at 7:00 pm on Thursday May 5th at the Alexandria Fairgrounds. The club discussed the upcoming horse shows and locked in the dates / rain out dates for them. There were 17 members in attendance. The next meeting will be June 2nd at 7pm at the Alexandria Fairgrounds.

Maddy Jo Green

Crossroads Elementary

On April 26th, **Ms. Leffingwell 4-H Cats** held their monthly meeting at Crossroads Elementary. There were 11 members present at the meeting. The topic for this month's meeting was Fossils. One thing we learned/did during this month's meeting was the deeper the fossils are, the older they are. This was our final meeting this year.

Submitted by Zoey

On April 26th, **Ms. Arthurs 4-H 4th Grade Elephants** held their monthly meeting at Crossroads Elementary. After our club president **Morgan** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Brooklyn** and **Avery** helped lead the pledges. There were 15 members present at the meeting. The topic for this month's meeting was fossils. One thing we learned/did during this month's meeting was sharks have a lot of teeth! This was our final meeting this year.

Submitted by Bentley

On April 26th, **Mrs. Hungate's 4-H Cacti** held their monthly meeting at Crossroads Elementary. After our club president **Jackson** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Hassini** and **Chance** helped lead the pledges. There were 20 members present at the meeting. The topic for this month's meeting was the fossils. One thing we learned/did during this month's meeting was dig for fossils. This was our final meeting this year.

Submitted by Olivia

On April 26th, **Mrs. Bragg's 4-H Corgis** held their monthly meeting at Crossroads Elementary. After our club president **Ella** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Bentley** and **Colton** helped lead the pledges. There were 14 members present at the meeting. The topic for this month's meeting was fossils. This will be our final meeting this year.

Submitted by Bella

Cline Elementary

The meeting of the **Wolves 4-H Club** was called to order on May 20th by President **Charlotte** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Seamus** and **Gabby** led the pledges. The topic of our lesson was evaluations and we learned about 4-H Day Camps and evaluations

Submitted by Gabby

The meeting of the **Clovers 4-H Club** was called to order on May 20th by President **Cecilia** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Lela** and **Anarosa** led the pledges. The topic of our lesson was evaluations and we learned how to fill out a worksheet on what we learn every meeting.

Submitted by Addy

The meeting of the **Dino Nuggets 4-H Club** was called to order on May 20th by President **Isaac** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Jack R.** and **Simi** led the pledges. The topic of our lesson was evaluations and we learned about upcoming 4-H events.

Submitted by Reese



4-H FAMILY NIGHT



College of Agriculture,
Food and Environment



Summer Family Fun Nights

Registration is
required by PHONE

859-572-2600

Registration opens on June 1 and
closes 1 week prior to each class.

Limited Space Available

When registering please call
to tell exactly how
many people will be
coming with you.

This is open to
family and friends
to learn more
about 4-H.

Join us on

JUNE 14TH

from

6PM-7PM

and/or

Join us on

JULY 7TH

from

6PM-7PM

Join us for

summer fun with
4-H and Family.

Open to Campbell
County Youth

ages 5-15 years old.

Learn about different 4-H
clubs, play games and
create family memories.

OUR PROGRAM WILL BE AT

CAMPBELL COUNTY EXTENSION OFFICE

3500 ALEXANDRIA PIKE

HIGHLAND HEIGHTS, KY 41076

Each family night will be a different activity. Feel free to
come to just one or both!!



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Prepare for Fair



4-H Prepare for Fair members painted beautiful masterpieces at our monthly meeting.



Visit Campbell County 4-H on Facebook to see more photos from this event...

CAMPBELL COUNTY COOPERATIVE EXTENSION SERVICE

OPEN HOUSE



Discover Extension

Saturday
September 10, 2022
10:00 am - 2:00 pm

Activities for everyone...

- Tour the Beautiful Garden
- Activities for Children
- Complimentary Gifts
- Farm animals on display
- Educational Demonstrations
- Food and drinks available



COMMUNITY! CELEBRATION!

Campbell County Cooperative Extension Service



Save
The Date!

Campbell County Cooperative Extension Office
3500 Alexandria Pike | Highland Heights, KY 41076
859-572-2600

Kellsey Agnew

Kellsey Agnew

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