

Campbell County



Cooperative Extension Service

Campbell County  
3500 Alexandria Pike  
Highland Heights, KY 41076  
(859) 572-2600  
Fax: (859) 572-2619  
www.campbell.ca.uky.edu

DECEMBER 2023 / JANUARY 2024

4-H YOUTH DEVELOPMENT NEWSLETTER



**Wishing you Happy Holidays!**

**The Campbell County**

**Extension Office will be closed**

**December 25th thru January 1st.**



**LOTS  
GOING  
ON** 

**What's  
Happening  
in 4-H**

Programs are at the Campbell County Extension Office in Highland Heights unless noted below.  
Check online for additional events!

**December 2023 - January 2024**

- Dec. 6 4-H Printmaking/Holiday Cards—5:00pm
- Dec. 11 4-H Teen Leadership Club—5:30pm
- Dec. 11 4-H/FFA Livestock Club  
6:30pm Education—7:30pm Meeting
- Dec. 14 4-H Dog Club—7:00pm  
*No dogs for this meeting*
- Dec. 18 4-H Poultry & Rabbit Club—6:00pm
- Dec. 20 4-H Nature Club—5:30pm
- Dec. 21 Cloverbuds—9:30am or 2:00pm
- Dec. 22 4-H Holiday Day Camp—9:00am
- Dec. 25 thru  
Jan. 1 Extension Office Closed**
- Jan. 4 4-H Saddle Up Club Meeting  
6:00pm Education—7:00pm Meeting
- Jan. 17 4-H Nature Club—5:30pm
- Jan. 8 4-H Teen Leadership Club—5:30pm
- Jan. 15 4-H/FFA Livestock Club Field Day  
*Alexandria Fairgrounds*
- Jan. 17 4-H Nature Club—5:30pm
- Jan. 21 Cloverbuds—2:00pm
- Jan. 22 Cloverbuds—5:30pm
- Jan. 24 4-H Prepare for Fair Club—5:30pm

 Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

YOU'RE INVITED TO OUR

# 4-H HOLIDAY DAY CAMP

DEC | 22 | 2023  
9:00 AM - 11:00 AM

AT THE CAMPBELL COUNTY EXTENSION OFFICE  
3500 ALEXANDRIA PIKE, HIGHLAND HEIGHTS, KY 41076

REGISTER ONLINE AT  
CAMPBELL.CA.UKY.EDU.  
EACH CHILD MUST BE REGISTERED  
INDIVIDUALLY.

AGES  
9-18



Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
University of Kentucky

## 4-H Cloverbuds

During the month of November, 43 Cloverbuds attended our fun, hands-on, interactive club meetings! This month we talked about families, shared what we loved about our own family, created fingerprint families, played Fall BINGO, and celebrated November birthdays. If you are interested in joining us in the upcoming months, please visit our website or call (859) 572-2600 for more information.



facebook



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

# January cloverbuds



sunday, january 21st  
at 2:00 pm

OR

monday, january 22nd at  
5:30 pm

REGISTER FOR ONLY ONE!

**JOIN US MONTHLY FOR FUN,  
LEARNING, AND CREATIVE  
HANDS-ON ACTIVITIES!**

For more information, email [kellsey.agnew@uky.edu](mailto:kellsey.agnew@uky.edu)

Register online  
[campbell.ca.uky.edu](http://campbell.ca.uky.edu)  
or by phone (859) 572-2600

**\*\*Registration opens 12/22/23**

Cooperative  
Extension Service

Culture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification.





# 4-H CLUB REPORTS



## Grants Lick Elementary

On November 9, 2023, **Mr. Himebaugh's 4-H Club** had our monthly meeting at Grant's Lick Elementary. President **Ellie** called the meeting to order. **Gannon** led the Pledge of Allegiance and **Rogue** led the 4-H pledge. Secretary **KC** reported that there were 17 members present. Vice President **Harper** introduced the topic of our lesson which was the introduction of a public speech. We wrote our own commercials to practice ways to grab the attention of the audience. **Bentley** moved to adjourn the meeting and all members were in favor. Our next meeting will be on December 14. *Sophia, reporter*

On November 9, 2023, **Ms. Augustus' 4-H Speech Club** had our monthly meeting at Grant's Lick Elementary. President **Sierra** called the meeting to order. **Jerrod** led the Pledge of Allegiance and **Easton** led the 4-H pledge. Secretary **Jerrod** reported that there were 17 members present. Vice President **Wyatt** introduced the topic of our lesson which was the introduction of a public speech. We learned that speeches need to have an attention-grabbing introduction. We wrote our own commercials to practice. **Riley** moved to adjourn the meeting and Anna seconded the motion. Our next meeting will be on December 14. *Easton, reporter*

On November 9, 2023, **Ms. Rust's Public Speaking Club** had our monthly meeting at Grant's Lick Elementary. President **Jeffrey** called the meeting to order. **Alana** led the Pledge of Allegiance and **Ryan** led the 4-H pledge. Secretary **Ryan** reported that there were 21 members present. Vice President **Bailey** introduced the topic of our lesson which was the introduction of a public speech. We wrote commercials to work on ways to create an interesting introduction. Our next meeting will be on December 14. *Maurya, reporter*

## St. Thomas School

On November 16, 2023, **Mrs. Holtz 4-H Bean Chilang Club** had our monthly meeting at St. Thomas School. President **Izzy** called the meeting to order. **Camden** and **Myles** led the Pledges. There were 11 members present at the meeting. The topic of our lesson which was the incredible water journey. One thing we did during this months meeting was become a rain drop. Our next meeting will be held on January 18. *Eli, reporter*

## Crossroads Elementary School

On November 15, 2023, we had our first monthly meeting at Crossroads Elementary. We voted and decided that our club name would be **Mrs. Hungate's 4-H Crazy Kids Club**. Club president **Sophia Q.** Called the meeting to order. We said the Pledge of Allegiance and the 4-H Pledge. **Zay** and **Piper** helped lead the pledges. There were 24 members present at the meeting. The topic for this month's meeting was the journey that water takes. One thing we did during this meeting was we traveled as water droplets would. Our next meeting will be held in January. *Cynthia, reporter*

On November 15, 2023, we had our first monthly meeting at Crossroads Elementary. We voted and decided that our club name would be **Mrs. Moore's 4-H Dino Nuggets Club**. Club president **Gavin**. Called the meeting to order. We said the Pledge of Allegiance and the 4-H Pledge. **Gavin** and **Cody** helped lead the pledges. There were 25 members present at the meeting. The topic for this month's meeting was the incredible water journey. One thing we did during this meeting was learn how water moves. Our next meeting will be held in January. *Logan, reporter*

On November 15, 2023, we had our first monthly meeting at Crossroads Elementary. We voted and decided that our club name would be **Mrs. Leffingwell's 4-H Dr. Phill's Cats Club**. Club president **Alyx**. Called the meeting to order. We said the Pledge of Allegiance and the 4-H Pledge. **Rylee** and **Maya** helped lead the pledges. There were 24 members present at the meeting. The topic for this month's meeting was the incredible water journey. One thing we did during this meeting was we pretended we were traveling water droplets. Our next meeting will be held in January. *Avah, reporter*

On November 15, 2023, we had our first monthly meeting at Crossroads Elementary. We voted and decided that our club name would be **Mrs. Hicks 4-H Elephants Club**. Club president **Rhiannon**. Called the meeting to order. We said the Pledge of Allegiance and the 4-H Pledge. **Vincent** and **Natalie** helped lead the pledges. There were 23 members present at the meeting. The topic for this month's meeting was the incredible water journey. One thing we did during this meeting was talk about water droplets. Our next meeting will be held in January. *Courtney, reporter*



# 4-H CLUB REPORTS



## Cline Elementary

On November 17, 2023, **Mrs. Boone's Pride Panthers 4-H Club** had our monthly meeting at Cline Elementary. Club President **Lena** called the meeting to order, we said the Pledge to the American and 4-H Flags. There were 26 members present at the meeting. The topic of our lesson was Communications. We learned how to communicate with our club members. Our next meeting will be held on December 15. *Elizabeth, reporter*

On November 17, 2023, **Mrs. Gilbert's Preserving Panthers 4-H Club** had our monthly meeting at Cline Elementary. Club President **Medwin** called the meeting to order, we said the Pledge to the American and 4-H Flags. There were 27 members present at the meeting. The topic of our lesson was Communications. We learned how to speak and promote something. Our next meeting will be held on December 15. *Cora, reporter*

## Campbell Ridge Elementary


On November 20, 2023, we had our first monthly meeting at Campbell Ridge Elementary. We voted and decided that our club name would be **Mrs. Waters 4-H Cafe Club**. We also had officer elections for our classroom club. **Addy** was elected President. **Aliva** was elected Vice President. **Jack** was elected Secretary. **Belia** was elected Reporter. There were 25 members present at our first meeting. We learned about the history of 4-H and parliamentary procedures. Our next meeting will be in December.

On November 20, 2023, we had our first monthly meeting at Campbell Ridge Elementary. We voted and decided that our club name would be **Mrs. Watcher's 4-H Nature Club**. We also had officer elections for our classroom club. **Dallas** was elected President. **Charlotte** was elected Vice President. **Easton** was elected Secretary. **Duela** was elected Reporter. There were 24 members present at our first meeting. We learned about the history of 4-H and parliamentary procedures. Our next meeting will be in December.

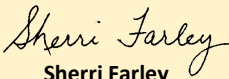
On November 20, 2023, we had our first monthly meeting at Campbell Ridge Elementary. We voted and decided that our club name would be **Mrs. Evan's 4-H Gnomies Club**. We also had officer elections for our classroom club. **Vivian** was elected President. **Olivia** was elected Vice President. **Mariah** was elected Secretary. **James** was elected Reporter. There were 25 members present at our first meeting. We learned about the history of 4-H and parliamentary procedures. Our next meeting will be in December.

## Campbell Ridge Elementary

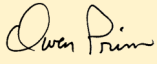
On November 20, 2023, we had our first monthly meeting at Campbell Ridge Elementary. We voted and decided that our club name would be **Mrs. Lee's 4-H Bees Club**. We also had officer elections for our classroom club. **Harmony** was elected President. **Mazie** was elected Vice President. **Jade** was elected Secretary. **Wyatt** was elected Reporter. There were 24 members present at our first meeting. We learned about the history of 4-H and parliamentary procedures. Our next meeting will be in December.




**Kellsey Agnew**  
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Campbell County Extension Agent  
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## Saddle Up 4-H Club

4-H Congratulations to all of the Saddle Up 4-H Club members and leaders on a great banquet celebrating a successful year!



facebook



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

## 4-H Sewing Series

These 4-H'ers are working hard to finish their amazing projects!



facebook



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



## 4-H Nature Club

We had a spooktastic time learning about pumpkins and bats in our October Nature Club Meeting!



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

## 4-H Livestock Club

Livestock Club meeting members studied about the skeletal system and made their own animal skeletons.



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



**Now is the time for new members to join!**



# 4-H Rabbit & Poultry Projects



**Club Meeting on December 18, 2023 6:00 p.m.**

at Campbell County Extension Service  
3500 Alexandria Pike, Highland Heights, KY 41076

- Valuable experience learning to raise animals, large and small.
- Responsibility of feeding and caring for your animal.
- Learn the requirements to exhibit at County and State Fairs.
- Learn about the various breeds and choosing what fits your purpose.
- Determine the housing requirement for your animal.

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

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Lexington, KY 40506



# Nature Club



## 2023-2024 Meeting Dates

- Sept. 20
- Oct. 18
- Nov. 15
- Dec. 20
- Jan. 17
- Feb. 21
- Mar. 20
- Apr. 17

5:30pm-6:30pm

Ages 5-15, come learn about nature and explore the outdoors with 4-H at the **Campbell County Environmental Center: 1261 Race Track Road Alexandria, KY 41001**

Each participant must register each month.

Register online at [campbell.ca.uky.edu](http://campbell.ca.uky.edu) or by phone: (859) 572-2600. Contact Ginny Butsch with any questions: [ginnibutsch@uky.edu](mailto:ginnibutsch@uky.edu)

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# 4-H Food Series

Participants in the 2023 Fall 4-H Food Series completed four weeks of hands-on kitchen experience. During the first two weeks, participants met at the Campbell County Extension Office where we practiced measuring wet and dry ingredients, practiced knife safety, and learned new basic knife cuts. We made pancake batter from scratch, perfected our egg scrambling technique, learned how to cut different types of vegetables, and made veggie pizzas. The following two weeks participants put what they had learned to use in their own home kitchens. We met via Zoom to bake together; we made chocolate chip cookies and blueberry muffins!



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



# 4-H TEEN LEADERSHIP

 Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky



- ENGAGE IN THE  
COMMUNITY  
THROUGH SERVICE  
LEARNING PROJECTS.

- BUILD CONNECTIONS  
WITH PEERS  
THROUGH TEAM  
BUILDING  
EXERCISES.

- EXPLORE  
LEADERSHIP  
OPPORTUNITIES.

**Open To:**  
ALL MIDDLE &  
HIGH SCHOOL  
STUDENTS

**December 11th  
& January 8th  
5:30-7:00pm**

4-H Teen Leadership will meet the  
second Monday of the month at the  
Campbell County Extension office.  
\*April-11th Monday

To register the first meeting scan the  
QR code or email Kellsey Agnew at the  
below email address.  
Questions? Contact [kellsey.agnew@uky.edu](mailto:kellsey.agnew@uky.edu)



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in accessible formats for people with disabilities. Program information may be made available in large print, Braille, or audio.  
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Cooperative Extension Service

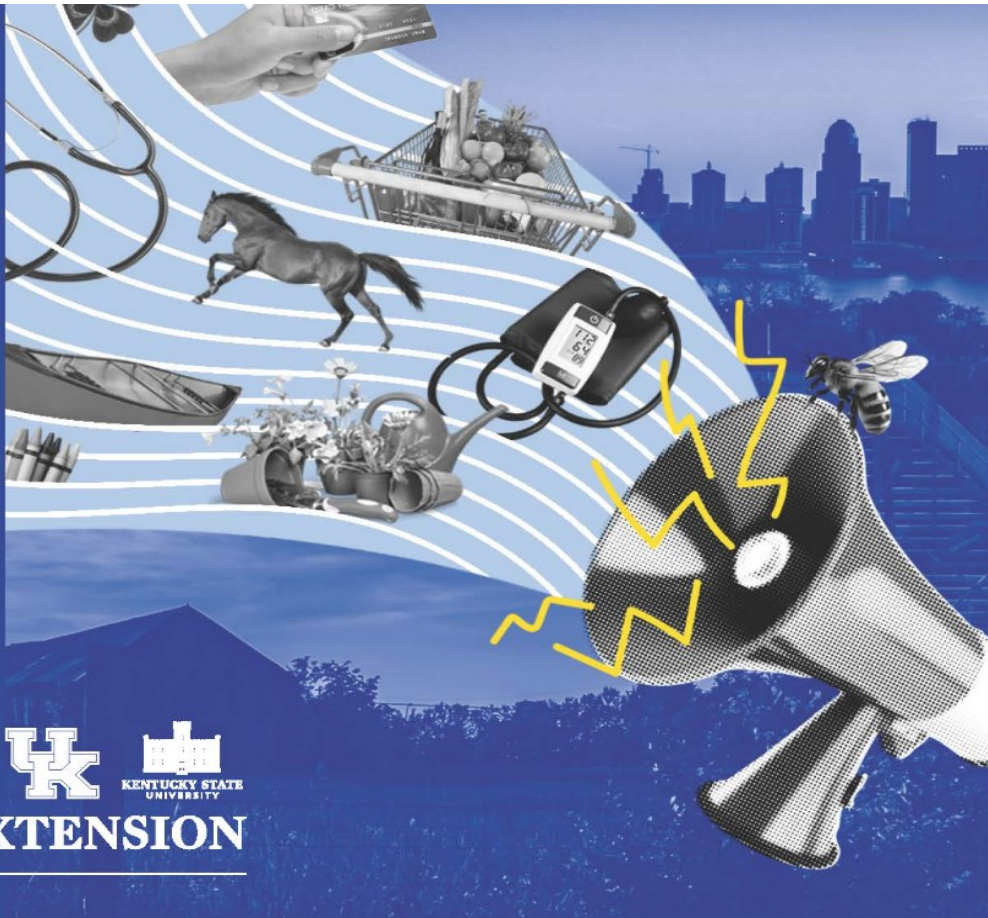


I AM  
  
4-H PROUD

**4-H**   
*The Fun Starts Here!*

## HOW CAN WE SERVE YOU?

Take our ten-minute survey to help us develop programs addressing needs in your community.



**KENTUCKY COOPERATIVE EXTENSION**





# YOUTH

# HEALTH BULLETIN



## DECEMBER 2023

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  
Cooperative Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600  
<https://campbell.ca.uky.edu>

## THIS MONTH'S TOPIC: STAY FIRE SAFE



**W**hen it gets cold in the winter, many people turn to fire to stay warm and have light. From candles to fireplaces and heaters, fires can help people be comfortable. However, fire is very serious, is never a toy, and is never OK to touch.

Every year, kids of all ages start fires that hurt people and damage things. You can do your part to prevent fires by never playing with matches, lighters, and other fire sources. Also stay away from all open flames, including fireplaces, candles, and stoves. If you are worried about one of these items, always talk to a grown up in your home. Do not investigate for yourself.

Even when people try to be safe, accidents can still happen. Some

Continued on the next page →



# You can do your part to prevent fires by never playing with matches, lighters, and other fire sources.

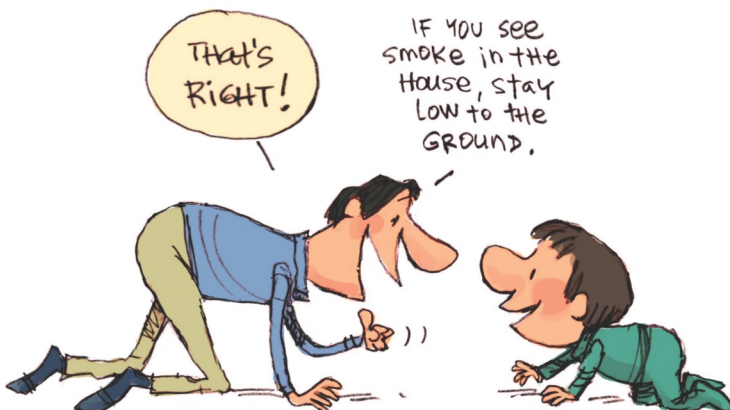
## → Continued from the previous page

people don't want to talk about fire safety because no one likes to think about people getting hurt or their things getting burned. But you can feel less worried about a fire if you are ready just in case.

All homes should have a fire escape plan. They should include how to get out of your home in case of a fire and where to meet outside. Smoke from a fire can make it hard to see where things are, so it's important to learn and remember the different ways out of your home. Talk to your family about the different ways to get out of the rooms in your home. The most important thing in a fire is to get out safely. Never try to hide.

If you can see smoke in the house, stay low to the ground as you go to the exit. In a fire, smoke and poisonous air hurt more people than the actual flames do. You'll breathe less smoke if you stay close to the ground. Bend down low or crawl to avoid the smoke and keep going quickly to the outside.

Besides planning how to get out, you also need to know where to meet your family outside. This is helpful because then everyone shows up in one place and you'll know that everyone is safe. It is normal to worry about your pets or a favorite toy, but if there is a fire, you have to leave them behind. The most important thing is that you get out safely. Once you are out, **STAY OUT**. Do not go back in for anything — even pets. You can tell the fire rescue people about any pets that were left behind and they may be able to help.



If you are stuck in a room with a hot door or on an upper floor, keep the door closed and get to a window. Open it if you can and make a lot of noise and move around. Firefighters will be able to see you and help you get down.

If your clothes ever catch fire, do not run away! Instead, cut off air to the fire by remembering to **STOP, DROP** to the ground, cover your face with your hands, and **ROLL** to put out the flames.

You do not need to be afraid of fire. You can make good choices to keep your distance and stay safe.

### REFERENCE:

<https://kidshealth.org/en/kids/fire-safety.html>

## ADULT HEALTH BULLETIN

### Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)





# 4-H/FFA Livestock Club

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.



## Next Meeting!

**December 11 at 6:30pm**  
**Education at 6:30 - Meeting at 7:30pm**  
**At the Campbell County Extension Office**



### Membership requirements:

- 4-H age 9-18 as of January 1, 2023
- Or dues paying member of the FFA
- Must reside or go to school in Campbell County
- Fill out enrollment forms and attend club meetings
- Complete at least six (6) hours of education from a certified volunteer

### Projects offered include:

- Market and breeding beef, sheep and goats, market hogs and country ham

### Project goals include:

- Expand youth knowledge of the livestock industry
- Learn about selection, nutrition, health and daily care, marketing and showing of livestock.
- Learn responsibility and the value of hard work
- Gain life skills such as decision making and communication skills

### For more information contact:

**Owen Prim**  
Campbell County Extension Agent  
For 4-H Youth Development  
3500 Alexandria Pike  
Highland Heights, KY 41076  
Phone- (859) 572-2600  
Email: oprim@uky.edu  
or  
**Kelly Armour**  
Campbell County High School  
FFA Advisor  
909 Campbell Crossing  
Alexandria, KY 41001  
Phone- (859) 635-4161  
Email: kelly.armour@campbell.kyschools.us





# 4-H Prepare for Fair Club

## Come create award-winning projects to enter into the State Fair & Alexandria Fair!

YOUTH IN 4TH-8TH GRADE ARE  
INVITED TO JOIN THE CLUB. WE MEET  
MONTHLY AT THE CAMPBELL COUNTY  
EXTENSION OFFICE FROM 5:30-7:30.

**REGISTRATION OPENS  
JANUARY 3RD**  
REGISTER AT [HTTPS://CAMPBELL.CA.UKY.EDU/](https://campbell.ca.uky.edu/)  
OR 859-572-2600  
REGISTERING FOR THE JANUARY MEETING REGISTERS  
FOR ALL MEETINGS

### Meeting Dates

|             |           |
|-------------|-----------|
| JANUARY 24  | MAY 22    |
| FEBRUARY 28 | JUNE 26   |
| MARCH 27    | JULY 17   |
| APRIL 24    | AUGUST 21 |

**Monthly participation  
is REQUIRED.**

QUESTIONS? EMAIL  
[KELLSEY.AGNEW@UKY.EDU](mailto:kellsey.agnew@uky.edu)  
OR CALL 859-572-2600

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



There is a "FILLABLE" Electronic version of this form available on our website. <https://campbell.ca.uky.edu/>

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(859) 572-2600  
Fax: (859) 572-2619  
E-mail: [campbell.ca@uky.edu](mailto:campbell.ca@uky.edu)



# 4-H Participant Information/Enrollment Form

(NOT FOR RESIDENTIAL CAMP)

## Campbell County 4-H Enrollment Form (for ages 9-18 as of 1/1/2024)

(Enrollment is from September 1, 2023 to August 31, 2024. Re-enrollment is required each year to be an active 4-H Member.) **Note: Participants must be enrolled in a project by June 1, 2024 to be eligible to show at the Alexandria Fair and/or the Kentucky State Fair. Livestock enrollment is due by the animal tagging date(s); 6 hours of education is required before animal tagging date(s). Horse enrollment requires 6 hours of education by April 15.**

**Note:** This form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. **All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance).** Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

4-H'er Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Family Last Name: \_\_\_\_\_  
 Preferred Name: \_\_\_\_\_ School Name: \_\_\_\_\_ Grade (for 2023-24 school year): \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 4-H'er Phone: (\_\_\_\_) \_\_\_\_\_ Gender:  Female  Male  
 Residence (select one):  Farm  Town < 10,000 or Rural Non-Farm  Town / City / Suburb 10,000-50,000  City-Central >50,000  
 Race (please choose more than one if applicable):  American Indian  Asian  Black  Native Hawaiian or Pacific Islander  
 White  Prefer Not to Say Not Listed: \_\_\_\_\_  
 Ethnicity (select one):  Not Hispanic  Hispanic T-Shirt Size: \_\_\_\_\_

Parent / Guardian 1: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
 E-mail: \_\_\_\_\_ Emergency Contact?:  Yes  No  
 Parent / Guardian 2: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
 E-mail: \_\_\_\_\_ Emergency Contact?:  Yes  No

Is any member of your family a current or former member of the United States Military or National Guard?:  Yes  No

(Select One):  New 4-H Member  Returning Member, Including this year, I have been in 4-H \_\_\_\_\_ years.  
 4-H Clubs: \_\_\_\_\_  
 4-H Sibling Names: \_\_\_\_\_  
 List Project Names: \_\_\_\_\_

## Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "Yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1) Asthma .....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis .....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions .....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes .....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection .....                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting .....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition .....                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches .....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia .....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects .....     | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts .....        | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten .....      | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy .....       | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts .....          | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions .....               | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Other Allergy (please explain) ..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses, including medications taken for any conditions:

Please explain any restrictions (dietary, physical, etc):

Social, emotional, and/or behavioral health information:

The following over the counter medications may be administered to my child without contacting me:

- |  |                                       |  |  |
|--|---------------------------------------|--|--|
| <input type="checkbox"/> Antihistamine Pill      | <input type="checkbox"/> Antacid      | <input type="checkbox"/> Ibuprofen (Advil) | <input type="checkbox"/> Hydrocortisone Cream            |
| <input type="checkbox"/> Acetaminophen (Tylenol) | <input type="checkbox"/> Decongestant | <input type="checkbox"/> Dramamine         | <input type="checkbox"/> Polysporin (topical antibiotic) |

## Medical Treatment

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT / GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

## Publicity Release

- I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF PARENT / GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

- NO, I do not permit

**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**

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Disabilities  
accommodated  
with prior notification.



# 4-H Youth Development Code of Conduct

(NOT FOR RESIDENTIAL CAMP)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

## WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

1. Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
2. The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
3. Possession of firearms not for educational use is prohibited.
4. Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
5. Gambling of any type is prohibited.
6. Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
7. Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
8. Display of overly affectionate or inappropriate attention between participants is prohibited.
9. Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
10. All clothing shall be neat, clean, and acceptable in repair and appearance and shall be worn within the bounds of decency and good taste as appropriate for 4-H events. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. Each county may adopt additional Code of Conduct guidelines.

## WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

1. All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
2. No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member anytime they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
3. At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
4. Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.
5. Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:**
  - Sent home from the activity or event at his/her own expense.
  - Barred from participation from future 4-H events.
  - Assessed the cost of damages for destruction of property.

I, \_\_\_\_\_ have read the Code of Conduct and agree to abide by its rules. By signing this document, I acknowledge that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Signature of Member / Volunteer: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent / Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

**Must be enrolled in project by June 1, 2024** to be eligible to show at the Alexandria and/or State Fair.

Livestock enrollment due by animal tagging date(s); 6 hours of education required before animal tagging date(s). Horse enrollment requires 6 hours of education by April 15.

### Project Books Available at 4-H Office for:

- **Aerospace (Model Airplanes)**
- **Animal Science:**
  - Beef Cattle
  - Country Ham
  - Dog
  - Goat
  - Horse
  - Poultry
  - Rabbits
  - Sheep
  - Hog
- **Arts & Crafts**
- **Babysitting**
- **Bicycle Safety**
- **Cake Decorating**
- **Cut Flowers**
- **Citizenship**
- **Electric**
- **Entomology**
- **Foods**
- **Food Preservation**
- **Forestry**
- **Garden**
- **General**
- **Home Environment**
  - Exploring Your Home
  - Living with Others
  - Where I Live
  - In My Home
- **Horticulture**
- **Kentucky 4-H Trends**
  - Cake Decorating
  - Cup cakes
  - Clover Photography
  - Recording History
  - Upcycling Projects
- **Leadership and Communication**
  - Speech
  - Demonstrations
- **Needlework**
  - Crochet
  - Embroidery
  - Knitting
  - Lacework-Tatting
  - Quilting
- **Photography**
  - Natural Resources
  - Agriculture
  - Leadership
  - Family & Consumer Sciences
  - Science, Engineering, Technology
  - Health
  - Communication/Expressive Arts
  - Horticulture
- **Record Books (Junior & Senior)**
  - Project
  - Secretary
- **Sewing**
  - **Junior level (ages 9-13)**
    - Lets Learn to Sew (beginner)
    - Lets Get to the Bottom (beginner)
    - Top It Off (beginner)
    - Stretch Your Knit Skills (beginner)
    - Moving on Up (intermediate)
    - Put It All Together (intermediate)
    - Up Cycle It! (intermediate)
  - **Senior level (ages 14-18)**
    - Lets Be Casual
    - Dress It Up
    - Match It Up
    - Creative Expressions
    - Leisure Time (advanced skills)
    - Formal Affair ( advanced skills)
    - Tailor Made (advanced skills)
    - Up Cycle It! (advanced skills)
- **Shooting Sports**
- **Wood Science**

### 4-H Clubs Available:

**If you would like more information about these clubs, or how to join, please call the Campbell County Extension Office at (859) 572-2600**

- **4-H Cloverbuds (K-3rd grade)**
- **4-H Prepare for Fair (4th-8th grade)**
- **4-H Foods Club (11-16 years)**
- **4-H Teen Leadership (6th-12th grade)**
- **4-H Dog Club (5-18 years)**
- **4-H Shooting Sports (9-18 years)**
- **4-H Horse Club (9-18 years)**
- **4-H Horse Judging (9-18 years)**
- **4-H Livestock Club (9-18 years)**
- **4-H Livestock Judging (9-18 years)**
- **4-H Nature Club (5-15 years)**
- **4-H Poultry/Rabbit Club (9-18 years)**
- **4-H Fishing Club (7-15 years)**
- **4-H Entomology Club (9-18 years)**
- **4-H School Break Day Camps (Fall, Winter, Spring & Summer)**

After choosing your project(s), contact the 4 H Office for the Project Book(s) and Fair Exhibit Requirements.

**Completed project books are required with the exhibit for entry at the Alexandria Fair.**

