



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

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

JANUARY 2022

4-H YOUTH DEVELOPMENT NEWSLETTER

SAVE THE DATE!



4-H Camp

July 25-29, 2022

If you are interested in serving as a Counselor, e-mail Sherri at sfarley@uky.edu

Counselors have to be at least 16 years old.

E-mail Sherri if you'd like more information about being a counselor at 4-H Camp!



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Cost \$125

4-H Summit

MIDDLE SCHOOL LEADERSHIP CONFERENCE

at Lake Cumberland 4-H Camp
transportation is provided

March 17-19

Limited spaces are available for this conference so ACT SOON!

Contact Sherri at sfarley@uky.edu
for a registration packet



4-H SNOW POLICY...

4-H sponsored activities are cancelled when Campbell County schools are closed due to bad weather. Individual leaders may decide to meet. Contact the Extension Office or your leader if you have questions.

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

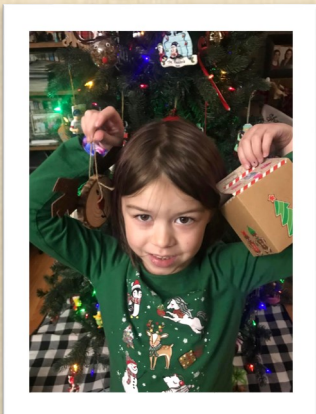
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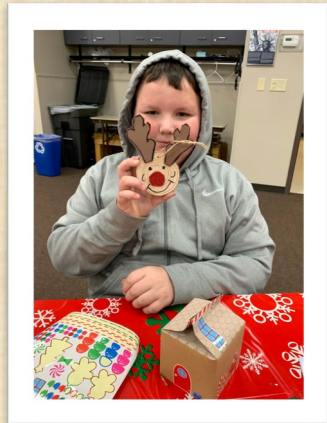
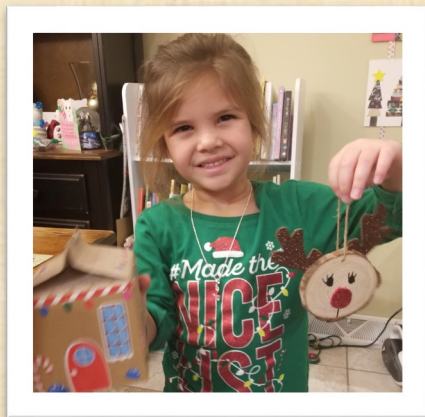
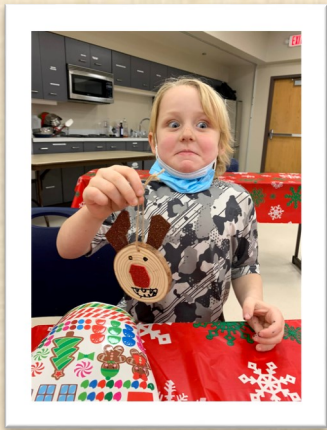
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

CL^{VER}BUDS





4-H/FFA Livestock Education Day. Thanks to the McCord Family for hosting!



4-H COMMUNICATION WORKSHOP

Monday, February 21

9:00 a.m.—3:00 p.m.

For: Ages 9-12

Interested in presenting
a 4-H speech or
demonstration?

*Come to this workshop
and get started on
the easy and fun process!*

Limited Space Available.

Bring your Lunch.

FREE, but you must
pre-register by February 3
by calling 859-572-2600 or
online at: campbell.ca.uky.edu



2022 Kentucky Volunteer Forum



February 24-26, 2022

4-H Nature Club





Campbell Ridge Elementary

The meeting of the **Camp Clover 4-H Club** was called to order on November 23, 2021 by president Sophia. After our monthly was called to order, we said the pledge of allegiance and the 4-H pledge. Anna and Conner led the pledges. The topic of our lesson was water cycles and we learned how water travels. Our next meeting is scheduled for January 25, 2022.

Darcy Webster, reporter

The meeting of the **4-H Coffee Clovers** was called to order on November 23, 2021 by president Rielynn. After our monthly was called to order, we said the pledge of allegiance and the 4-H pledge. Keilei and Anaya led the pledges. The topic of our lesson was water cycles and we learned how water droplets travel and how it transforms. Our next meeting is scheduled for January 25, 2022.

Jolene, reporter

The meeting of the **Lee's Lucky Bees 4-H Club** was called to order on November 23, 2021 by president Dustin. After our monthly was called to order, we said the pledge of allegiance and the 4-H pledge. Ryland and Payton led the pledges. The topic of our lesson was water cycles and we learned about water evaporating. Our next meeting is scheduled for January 25, 2022.

Alexis Martin, reporter

St. Thomas Elementary

The meeting of the **4-H Tomcats** was called to order on November 15, 2021 by president Ben. After our monthly was called to order, we said the pledge of allegiance and the 4-H pledge. Kyle and Hayes led the pledges. The topic of our lesson was water cycles and we learned how water moves around. Our next meeting is scheduled for January 3, 2022.

Leo Brooks, reporter

Crossroads Elementary

On October 26, 2021, **Ms. Authors 4-H Elephants** held their monthly meeting. After our club president, Morgan called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Olivia and Samuel helped lead the pledges. There were 17 members present at the meeting. The topic for this month's meeting was the incredible water. One thing we learned/did during this months meeting was that water can go many places. Our next meeting will be held in November.

Bentley, reporter

Crossroads Elementary

On October 26, 2021, **Ms. Leffingwell's 4-H Cats** held their monthly meeting. After our club president, Addi called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Maxwell and Brogen helped lead the pledges. There were 18 members present at the meeting. The topic for this month's meeting was water droplets. One thing we learned/did during this months meeting was that water can go many places. Our next meeting will be held in November.

Zoey King, reporter

On October 26, 2021, **Ms. Braggs 4-H Club** held their monthly meeting. After our club president, Ella called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Gavin and Jasmin helped lead the pledges. There were 15 members present at the meeting. The topic for this month's meeting was water. One thing we learned/did during this months meeting was about water travels. Our next meeting will be held in November.

Emma, reporter

Grants Lick Elementary

On December 16, 2021, **Mrs. Rust's 4-H Wildcats** held their monthly meeting. After our club president, Bailee Phelps called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Parker and Annabelle helped lead the pledges. There were 17 members present at the meeting. The topic for this month's meeting was the the body of speech. One thing we learned/did during this months meeting was how to write the body of a speech. Our next meeting will be held in January.

Natalie, reporter

On December 16, 2021, **Mr. Wirths 4-H University of Kentucky Club** held their monthly meeting. After our club president, Leah called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Sophie and Clara helped lead the pledges. There were 18 members present at the meeting. The topic for this month's meeting was the the body of speech. One thing we learned/did during this months meeting was how to write the body of a speech. Our next meeting will be held in January.

Savannah, reporter



Grants Lick Elementary

On December 16, 2021, **Mr. Himebaugh's 4-H Blues Club** held their monthly meeting. After our club president, Lilly called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Zoey and Kath helped lead the pledges. There were 18 members present at the meeting. The topic for this month's meeting was the the body of speech. One thing we learned/did during this months meeting was how to write about my super power of choice. Our next meeting will be held in January.

Logan, reporter

Cline Elementary

The meeting of the **Dino Nuggets 4-H Club** was called to order on November 5, 2021 by President Isaac. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. Thomas and Simi led the pledges. The topic of our lesson was communications and we learned about how to do a presentation.

Reese Post, reporter

The meeting of the **Clovers 4-H Club** was called to order on November 5, 2021 by President Cecilia. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. Jordan and Janiya led the pledges. The topic of our lesson was communications and we learned how to do the pledge and how to run a meeting.

Adalynn Brackett, reporter

The meeting of the **Wolves 4-H Club** was called to order on November 5, 2021 by President Charlotte. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. Seamus and Lexi led the pledges. The topic of our lesson was communications and we learned about not to be distracting to the person talking. It was a fun, exciting and nerve racking. Good exercise for stage fright.

Gabby, reporter

The meeting of the **Wolves 4-H Club** was called to order on December 3, 2021 by President Charlotte. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. Seamus and Gracie led the pledges. The topic of our lesson was communications and we learned about impromptu speaking.

Gabby, reporter

Cline Elementary

The meeting of the **Dino Nuggets 4-H Club** was called to order on December 3, 2021 by President Isacc. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. Simi and Maddy led the pledges. The topic of our lesson was communications and we learned about impromptu speaking.

Reese Post, reporter

The meeting of the **Clovers 4-H Club** was called to order on December 3, 2021 by President Charlotte. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. Jordan and Janiya led the pledges. The topic of our lesson was communications and we learned about impromptu speaking.

Adalynn Brackett, reporter

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4-H Youth Development*

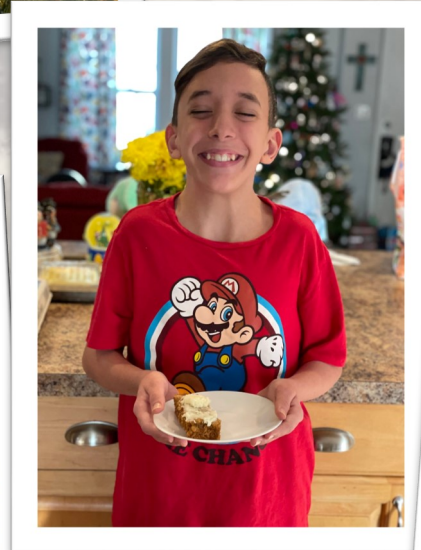
*Campbell County Extension Assistants for
4-H Youth Development*

Katrina Harney

katrinaharney@uky.edu



The 4-H Baking Club met the month of December and made Chewy Gingerbread Bars with Cream Cheese Frosting



Campbell County 4-H Teen Leadership

4-H Teen Leadership group met to celebrate the holidays and to make cards for a local assisted living facility.



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Campbell County 4-H Teen Leadership

-Engage in the community
 through service
 learning projects.

-Build connections with peers
 through team building exercises.

-Explore leadership
 opportunities.

Who: Campbell County Residents 6th-12th Grade

When: Mondays 5:30 PM-7:00 PM

Jan. 10th Feb. 7th Mar. 14th
 Apr. 11th May 9th

**Where: Campbell County Extension Office
 3500 Alexandria Pk Highland Heights**

Please contact Kellsey Agnew with any questions.

Contact by email at kellsey.agnew@uky.edu or
 by phone at (859) 572-2600.

To register a teen for this event please call the above
 number, register online or email kellsey.agnew@uky.edu

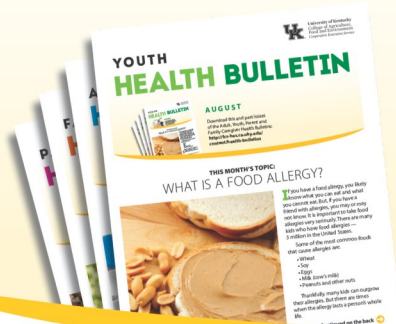
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Disabilities
 accommodated
 with prior notification.

YOUTH HEALTH BULLETIN



JANUARY 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 Cooperative Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076
859.576.2600

THIS MONTH'S TOPIC: STREP THROAT



This month we are starting a new year! Which means you have a fresh start at being healthy and taking care of yourself. Sometimes, if we do not take care of ourselves we can get sick. Have you ever felt sick? Maybe had a sore throat? Or have had to stay home from school because you weren't feeling well? All of this is common, especially when it is cold outside. Sometimes, our sore throats can be a sign that we have strep throat.

What is strep throat?

Strep throat is an infection in the throat and tonsils caused by bacteria. It can be spread through a cough, a sneeze, or by sharing the same eating utensils. If someone in your family or class has strep throat, there is a chance that you will get it, too.

Continued on the back →



Do not handle someone else's used tissues, and put your tissues in the trash as soon as you are done.

➔ Continued from page 1

Doctor's visit

If your throat is sore and you are sick, it is important to go to the doctor. Your doctor will do an examination looking for several symptoms:

- Fever
- Swollen tonsils
- White or yellow spots on your tonsils
- Small red spots on the roof of your mouth

If you have these signs of strep throat, your doctor will do a quick test to check. This test might be uncomfortable, but it is the only way to diagnose strep throat. To perform the test, your doctor will rub a cotton swab on the back of your throat.

If the test comes back positive, it means that you have strep throat. But don't worry. Strep throat is easily treated. To treat your strep throat, your doctor will give you antibiotics. You may start to feel better after 24 hours on the medicine, but it is important to finish all of the medicine they give you. You will probably have to stay home from school until you have been taking the antibiotic for at least 12 hours or your fever is gone.



Can you prevent strep throat?

The good news is that you can prevent strep throat, stay healthy, and start the New Year off well. To stay healthy, practice good hygiene. These tips can help prevent the spread of strep throat and other viruses:

- Wash your hands often. It is important to wash before eating.
- Cover your mouth with a tissue when you cough or sneeze. If a tissue is not handy, sneeze or cough into a shirtsleeve, not your hands.
- Do not handle someone else's used tissues, and put your tissues in the trash as soon as you are done.
- If you don't feel good, tell a parent or adult.

SOURCES:

- <https://kidshealth.org/en/parents/strep-throat.html>
- <https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>

YOUTH
HEALTH BULLETIN

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Environmental Sciences)

