

SCREVEN COUNTY 4-H
321 ROCKY FORD ROAD
SYLVANIA, GA 30467
564-2064

The Cloverleaf

SCREVEN COUNTY 4-H

JANUARY 2021

JANUARY EVENTS:

- 1st—4-H Office Closed for Holidays
- 1st—Happy New Year!
- 4th—Return to School
- 11th-12th—5th Grade Club Mtgs.
- 13th-14th—6th Grade Club Mtgs.
- 18th—MLK Holiday
- 18th—4-H Office Closed
- 21st—SCA Club Mtgs.
- 22nd—Virtual Club Mtgs.
- 11th-31st—Sign up for Cloverleaf DPA

FEBRUARY EVENTS:

- 1st-19th—Sign up for Cloverleaf DPA projects
- 1st-2nd—5th Grade Club Mtgs.
- 3rd-4th—6th Grade Club Mtgs.
- 10th—SCA Club Mtgs.
- 11th—Virtual Club Mtgs.
- 14th—Happy Valentine's Day
- 12th & 15th—Winter Break / No School
- 1st-28th—DPA Project Help at the 4-H Office—call for appointment!

Cloverleaf District Project Achievement (DPA)

WHAT DO YOU DO?????

DPA is like "Show and Tell" for 5th and 6th grade 4-H'ers! You get to talk about ANYthing that you are interested in and share your passions with others. First you must choose a project and prepare a demonstration. A demonstration is simply a project (posters or google slides + speaking) on almost anything you choose. There are about 50+ Project Areas for you to choose from!

DPA PROJECT HELP.....

4-H'ers can work on their projects at home or make appointments to work on their projects at the 4-H Office. **All projects must be completed before March 1st.**

BONUS: 4-H'ers who complete DPA projects will get to sign up for 4-H summer camp EARLY and will receive some special prizes for participation!

WHAT HAPPENS AT DPA?????

This year, DPA will be a little bit different due to COVID-19 precautions and guidelines. **The "District" competition will be held virtually in March.** Once your project is completed, the 4-H Office staff will work with you to make a video of your project presentation to be submitted for the virtual competition. After the contest, there will be awards and a special virtual announcement of winners!

Important DPA Dates:

NOW– February 19: Sign up for a project by contacting the 4-H Office (912-564-2064 or screven4h@screven.k12.ga.us or lauren4h@uga.edu)

February 1-28: Work on creating your project (4-H office is available to help by appointment)

March 1-17: 4-H Office will film project videos for each participant

March 19: All project videos DUE to 4-H office

March 30-April 2: Announcement of Winners from Cloverleaf DPA Contest



I love 4-H!



Monthly Clover Challenge—New Years Resolutions

Many people typically start the new year fresh by making resolutions. Think of a resolution as a goal that you set for yourself in the new year. As you think about creating your own New Year's Resolutions, be sure to come up with something that is positive, achievable and specific.

Share your New Year's Resolutions for 2021 with the 4-H Office!

Email your resolutions to screven4h@screven.k12.ga.us

before January 29th!

Examples of Kid-Friendly New Year's Resolutions:

-Perform one random act of kindness every week.

-Play outside for at least 30 minutes every day.

-Complete assigned homework every day.

Paint the Town Blue with 4-H & United Way

We hope that you will join 4-H and United Way of Screven County as we team up together to PAINT THE TOWN BLUE in February/ March. The event date has not been finalized yet. Be on the lookout for that announcement very soon!

United Way will be selling PAINT THE TOWN BLUE T-SHIRTS before the event. T-shirt order forms will be forthcoming from the United Way. Deadline to order

shirts and cost will be on the flyer sent home from United Way. Everyone is asked to wear their shirts or something blue on the Paint The Town Blue Day (Date announced soon by United Way). All shirt orders will be handled by the United Way of Screven County.

Why should you help paint the town blue? Screven County 4-H is proud to support United Way because they are huge supporters of the 4-H program. Help us help

the United Way to continue giving back to important community programs...like 4-H!



Interesting

Fact:

4-H'ers will learn where 4-H summer camp will be at the March Club Meeting! Don't Miss It!!!

Monthly Healthy Living Tip

At the beginning of each new year, many make health-related New Year's Resolutions. Make sure that your resolution is something that you are likely to accomplish!

Here are some great Resolution ideas for your healthy new year:

- Keep a food journal—write down what you eat, how much, when and why every day.
- Record your physical activity—how long, how often

- and how hard do you work out?
- Eat only at the kitchen table. Don't watch TV, talk or text on the phone while you eat.
- Put out your exercise clothes the night before as a reminder to work out the next day.
- Don't "up-size" your favorite drink! Choose water or a diet drink instead.

- Eat only until you're not hungry and push the plate away. Avoid second helpings!
- Eat only because you are hungry, not because you're bored, tired or stressed.
- Go to the grocery store on a full stomach. This will help you make healthier food choices.



4-H Google Classroom

Be sure to check out your 4-H Google Classroom to keep up with all of the upcoming 4-H activities and events! All 4-H meeting materials, newsletters, handouts, flyers, etc. are posted each month in the 4-H Google Classroom. Your club meeting schedule and all of our 4-H Office contact information can be accessed there as well.

Parents, if you want to know what is going on in 4-H each month, simply ask your child to log in to their 4-H classroom from your computer, tablet, or phone!

If you have any additional questions, please send an email to: screven4h@screven.k12.ga.us OR lauren4h@uga.edu.

