

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

The Cloverleaf

SCREVEN COUNTY 4-H

NOVEMBER 2020

NOVEMBER EVENTS:

- 1st—Virtual Minibooth Contest Upload Deadline
- 9th-10th—5th Grade Club Mtgs.
- 11th-12th—6th Grade Club Mtgs.
- 16th—7th Grade Club Mtgs.
- 17th—8th Grade Club Mtgs.
- 18th—SCA Club Meetings
- 19th—Virtual Student Club Mtgs
- 25th-27th—No School
- 26th—Happy Thanksgiving!
- 30th—Deadline to Sign Up for Santa's Workshop

DECEMBER EVENTS:

- 7th & 9th—5th Grade Club Mtgs.
- 9th—Santa's Workshop at 4-H Office
- 10th-11th—6th Grade Club Mtgs.
- 14th—7th Grade Club Mtgs.
- 15th—8th Grade Club Mtgs.
- 16th—SCA Club Meetings
- 17th—Virtual Student Club Mtgs
- 21st-31st—No School
- 24th-31st—4-H Office Closed for Holidays

Kiwanis Ogeechee Fair Mini-Booth Projects

Thank you to everyone who participated in the Virtual Mini-booth Competition this year. All entries have been submitted to a panel of judges and we will announce placings as soon as possible! Stay tuned for announcement of winners!



Monthly Challenge Winner Announcement

Thank you to everyone who has been participating in the Monthly Clover Challenges! Congratulations to the winners of our Face Mask Design Contest and the Pumpkin Decorating Contest!



Face Mask Design Contest:

5th Grade:

- 1st Place—Elle Gentry
- 2nd Place—Lilly McAfee
- 3rd Place—Nathan Crider

6th Grade:

- 1st Place—Walker Saxon
- 2nd Place—Hunter Dasher
- 3rd Place—Claire Smith

Screven Christian Academy:

- 1st Place—Aiden Hutcheson
- 2nd Place—Luke O'Barr
- 3rd Place—Ariel Mincey

Pumpkin Decorating Contest:

5th Grade Winner:

Corbin Knight

6th Grade Winner

Cassie Bazemore



Monthly Clover Challenge—Be Thankful

The definition of "THANKFUL" is someone feeling or showing gratitude. When you are pleased and grateful for what you have, this is an example of a time when you are thankful.

As we approach the season of Thanksgiving, take some time to reflect on what you are thankful for.

Here are some simple and fun ways to show others your thankfulness:

- Create a Thankful Jar:

Fill the jar with pieces of paper with words and drawings that show what you and your family are thankful for.

- Make a Gratitude Collage:

Create a collage using hand-drawn pictures, magazine cut-outs, photos, etc. Hang your collage on the fridge or in the living room to share with your entire family.

- Thankful from A to Z:

This Thanksgiving, as you sit around the table with your family and friends, take a minute to think about what you are thankful for...from A to Z! Simply go around the dinner table saying things you're thankful for that start with every letter of the alphabet.



Santa's Workshop at the 4-H Office—December 9th

Join in on the Fun at Santa's Workshop at the 4-H Office in December! Participants will get to make ornaments and other fun Christmas crafts while enjoying festive music and holiday snacks.

Spaces are limited, so sign up ASAP!

Date: Wednesday, December 9th

Time: 3:30-5:00pm

Location: Screven Co. 4-H Office

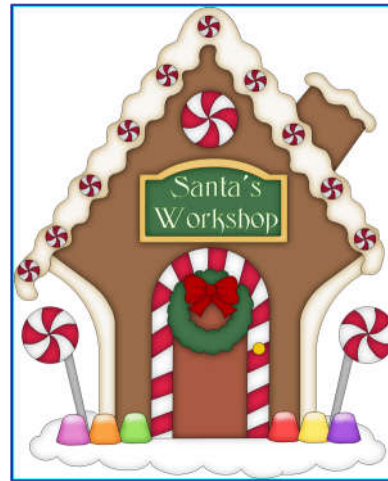
Cost: \$10

Deadline to Sign Up:

November 30th (Call 4-H Office 564-2064 to sign up)

Important Notes:

- masks must be worn at all times by participants
- snacks will be provided
- 4-H'ers will take home all crafts



4-H FUN

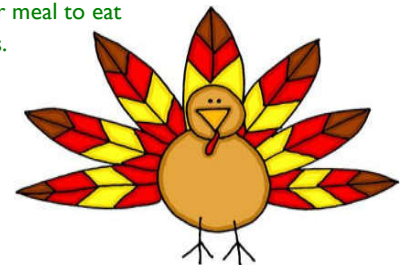
FACT:

There are over 171, 693 students enrolled in Georgia 4-H Programs!

Monthly Healthy Living Tip

Nothing tastes better than Turkey with all the trimmings! And Thanksgiving is all about abundance. With all the rich choices, there's a chance that Thanksgiving will turn into overindulgence. You'll be pushing away from the table, barely able to move. But it doesn't have to be that way! With reasonable portion sizes and healthier dishes that don't sacrifice flavor, Thanksgiving dinner can still be joyful, delicious and healthy.

- Add flavor, not fat. Many recipes instruct you to rub butter over the turkey before cooking. Instead, try olive oil.
- Avoid added salt.
- Skip the skin. Eating the skin adds 40+ calories and doubles the fat intake.
- Broth is better. Use broth to moisten stuffing instead of butter.
- Hold the sugar. Don't over-sweeten your foods!
- Portion control! Don't over-indulge at the table. Plan to save part of your meal to eat later as leftovers.



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.

