

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

# The Cloverleaf

SCREVEN COUNTY 4-H

OCTOBER 2020

## OCTOBER EVENTS:

- TBA—CBCJ Team Practice
- 8th-9th—No School
- 12th—No School
- 8th-11th—State Livestock Shows @ Perry
- 13th-14th—5th Grade Club Mtgs.
- 15th-16th—6th Grade Club Mtgs.
- 19th—7th Grade Club Mtgs.
- 20th—8th Grade Club Mtgs.
- 21st—SCA Club Meetings
- 22nd—Virtual Student Club Mtgs
- 31st—Pumpkin Decorating Contest Entry Deadline
- 31st—Happy Halloween!

## 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!

## Kiwanis Ogeechee Fair Mini-Booth Projects



**V I R T U A L**

### 4-H MINI-BOOTHS

**HOW TO PARTICIPATE:**

- **Choose a Topic**
- **Create 3 Presentation Slides about your topic**
  - Use Photos, Factual Information
  - Be creative, neat and have fun!
- **Save Slides as a PDF**
  - Upload to [tinyurl.com/4hminibooth](https://tinyurl.com/4hminibooth) by November 1
- **Contact Screven County Extension 4-H**
  - Call 912-564-2064
  - Email [lauren4h@uga.edu](mailto:lauren4h@uga.edu) OR [screven4h@screven.k12.ga.us](mailto:screven4h@screven.k12.ga.us)

**LOTS OF PRIZES AND AWARDS UP FOR GRABS!**

UNIVERSITY OF GEORGIA EXTENSION |  

**UPLOAD DEADLINE: SUNDAY, NOVEMBER 1**

## Monthly Clover Challenge—Pumpkin Decorating Contest

### HALLOWEEN CHALLENGE: PUMPKIN DECORATING CONTEST

### SUBMIT PHOTO OF YOU AND YOUR PUMPKIN BEFORE OCTOBER 31!

<https://tinyurl.com/4hpumpkinchallenge>

### HOW TO ENTER/ GUIDELINES:

- Get a pumpkin
- Any size pumpkin is fine! Any material is fine (real, plastic, ceramic, paper, etc.).
- Decorate your pumpkin
- Get creative! You can carve, paint, make an original design, anything goes!
- Submit photo of YOU

WITH YOUR PUMPKIN creation by October 31 to :  
<https://tinyurl.com/4hpumpkinchallenge>

- Winners will be named in each grade level (4th-8th Grade)



# Celebrate 4-H: #Opportunity4All

For more than a hundred years, 4-H has helped youth become self-directing, productive and contributing members of society by establishing personal and sincere relationships, learning life and leadership skills and enhancing community awareness. 4-H got its start in rural fields, but today it's everywhere—from city streets and schools, to neighborhoods and universities. 4-H programs now include healthy living, science, civic engagement, technology, and more!

In honor of National 4-H Week

(October 4-10, 2020), we celebrate the chance for millions of youth, parents, volunteers and alumni to come together to celebrate the many positive youth development opportunities offered by 4-H.

We are proud to provide opportunities for ALL our kids. We believe nothing should hold a kid back. And if we all pull together, nothing will. Learn more about the many opportunities that 4-H offers by visiting [www.georgia4h.org](http://www.georgia4h.org) AND [www.screvenextension.org](http://www.screvenextension.org).

#Opportunity4All



**4-H FUN FACT:**

*In Georgia, 4-H is a part of The University of Georgia's Cooperative Extension program.*

## Monthly Healthy Living Tip

Being healthy doesn't mean giving up all of the treats, so remember:

**BALANCE:** Portion candy with other healthy alternatives such as: fruits, vegetables, crackers, pretzels, low-fat milk, granola bars.

**EAT DINNER:** Remember to eat a well-balanced dinner prior to trick-or-treating. This will prevent candy from substituting dinner as well as prevent overeating of treats.

**RATION:** Divide all of your candy

up into snack size Ziploc bags. You can then enjoy one individual treat bag of candy each day.

**SET LIMITS:** Determine a maximum number of days to enjoy Halloween treats. Five Days is plenty of time to enjoy your Halloween goodies. Any leftover candy should be disposed of after this time.

**PLAY IT OFF:** After enjoying your daily limit of treats, make time to go outside and play! Getting plenty

of exercise will help burn off the extra calories you consumed!



## 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](mailto:screven4h@screven.k12.ga.us) OR [lauren4h@uga.edu](mailto:lauren4h@uga.edu).

