



STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Science News

KAY COUNTY EXTENSION

Kids are out of school ... now what?



While children are enjoying their summer vacation from school, it can be a challenging time for parents.

"I remember my parents and other parents in my neighborhood balancing summer residential camps with road trips, neighborhood activities (backyard baseball games, bike rides, preparing for the 4th of July parade), and swimming lessons until we were old enough to volunteer for church and community organizations," said Laura Hubbs-Tait, Oklahoma State University Extension parenting specialist. "My favorite summer when my own children were in preschool and early elementary school was the one when I elected to teach at night, so that I could have all day every Friday with my children to take advantage of the zoo, the public library and the carousel at our favorite park."

What can Oklahoma parents do in Summer 2022? First, check out summer camps offered by your OSU County Extension county office and sign up your children now. Camp options offered this summer by Extension include a week-long gardening day camp as well as other options that vary by county. These may include STEM camps, outdoor skills camps, cooking camps and sewing camps. Local churches, schools and mom's day out programs offer day camps as do YMCAs and other community organizations. Some day camps are focused on preschool and kindergarten and others are focused on grades 1-6. For example, the Science Museum of Oklahoma in Oklahoma City has camps for younger children as well as camps for children in elementary school. The Sam Noble Museum in Norman features programs for children aged 5-11 and one camp for 12- to 14-year-olds.

And don't forget about camps offered by

the two state universities. **Oklahoma State University** offers STEM camps on campus in Stillwater. Some options are available in other locations (restricted to local residents). Examples include **Engineering Adventure for grades K-5 or 3-5**: <https://ceat.okstate.edu/extension/professional-development/courses/stem/engineering-adventure.html> Camps in Stillwater are full but there are openings in Ardmore (dates to be decided) and Oklahoma City. (July 11-14, K-2nd and 3rd-5th).

STEM Robotics Adventure for 6th-8th grades, July 26-28 (OSU-Stillwater): <https://ceat.okstate.edu/extension/professional-development/courses/stem/robotics-adventure.html>

STEM Automation and Robotics Discovery for grades 9th-12th, June 27-July 1 (OSU-Stillwater): <https://ceat.okstate.edu/extension/professional-development/courses/stem/automation-and-robotics-discovery.html>

STEM in Oklahoma for grades 6th-8th at Hamm Institute in Oklahoma City, June 21-24: <https://ceat.okstate.edu/extension/professional-development/courses/stem/stem-in-oklahoma.html>

STEM Engineering Discovery for Girls grades 9th-12th at OSU-Stillwater, June 27-July 1: <https://ceat.okstate.edu/extension/professional-development/courses/stem/engineering-discovery-for-girls.html>

The **University of Oklahoma** offers a **mini college day camp** for 1st-6th graders on the OU-Norman campus: <https://pacs.ou.edu/precollegiate/kindergarten-5th-grade/mini-college/>

OU also offers options for 6th-8th graders, a **geology academy** June 26-July 1: <https://pacs.ou.edu/precollegiate/6th-8th-grade/geology-summer-academy/>

For 9th-12th graders, OU offers several **summer academies** with different academies offered to different grades: <https://pacs.ou.edu/precollegiate/9th-12th-grade/> Many academies (e.g., meteorology) include on-campus housing and are open to high schoolers across the state.

OU also offers reading programs for all ages and grade levels: <https://outreach.ou.edu/educational-services/>

Kay County
OSU Extension
Brenda Medlock
Extension Educator
FCS/ 4-H

Address

P.O. Box 430
Newkirk, Ok 74647

Phone

580-362-3194

Email

brenda.medlock@okstate.edu

Website

<https://extension.okstate.edu/county/kay/index.html>

Facebook



Kay County Extension Family and Consumer Sciences



In this issue

Schools Out- Now what	1
Sewing Workshops	2
Sewing Tricks Lesson	3
State OHCE Conference	3
Upcoming events	4

Continued on pg 2

[education/reading-program/](#)

For more options for summer academic programs for 8th- to 12th-grade students at state, regional and private universities and colleges, please check out https://www.okcollegestart.org/High_School_Planning/summer_academies/summer_academies_full_list.aspx.

Don't forget about academic camps offered by local community colleges. These are offered in many communities throughout Oklahoma:

Rose State College offers six camp options for 1st through 12th graders that include aerospace, geoscience, rockets, meteorology, chemistry, drones, archery, rock climbing, and movie making: <https://www.rose.edu/content/business-community/community-learning-center/summer-academies-camps/>

Oklahoma Panhandle State University offers Panhandle Protégés Summer Academy focused on Science, Technology, Engineering, and Mathematics (STEM) for 10th-12th grade students from underrepresented groups to increase their future academic success: <http://www.opsu.edu/Academics/Panhandle-Protoges/>

Many community colleges and state and regional universities also offer sports camp options during the summer.

Camps at **Southeastern Oklahoma State University** may be found here: <https://www.se.edu/summercamps/>

Baseball camps at **Panhandle State University** may be found here: <https://opsuaggies.com/news/2022/4/14/aggie-baseball-summer-camp.aspx>

Basketball camps at **Southwestern Oklahoma State University (SWOSU)** may be found here: https://swosuathletics.com/documents/2022/5/2/Fundamental_Day_Camp_Flyer_2022.pptx

Volleyball camps at SWOSU may be found here: <https://www.swosuvolleyballcamps.com/>

Oklahoma Christian University offers many different sports camp options. Soccer camps may be found here: <https://www.ussportscamps.com/soccer/nike/nike-soccer-camp-oklahoma-christian-university#detailsContentTarget>

In addition to all the selections from colleges and universities listed above, many public-school districts are offering enrichment programs as well as programs to recover credits. Examples of such programs are as follows (and please check out your local public school):

Tulsa Public Schools: https://tulsaworld.com/news/local/education/tps-preparing-for-day-camp-style-summer-school/article_b8ac084c-bc1e-11ec-a7b8-0bb382908230.html <https://www.tulsaschools.org/about/teams/academics/summer-learning>

Edmond Public Schools: <https://edmondschools.net/programs/summer-school/>

Norman Public Schools: <https://ok02210265.schoolwires.net/domain/2436>

Sapulpa Public Schools: https://www.sapulpaps.org/district/summer_programs

Parks and recreation departments in some communities are also offering day-camp style summer school programs. Check out these two options and then communicate with the department in your local community.

Shawnee Parks and Recreation Department: https://www.cityofshawnee.org/departments/parks_recreation/summer_camps

Oklahoma City Parks and Recreation Department: https://parks.okc.gov/iEBMS/coe/coe_p1_all.aspx?oc=20&cc=PKCMP

Ponca City Parks and Recreation <https://secure.rec1.com/OK/ponca-city-ok/catalog>

“Be sure to ask your children or teens lots of questions every day about what they'll be doing before they head out, and what they did during the day when they get home,” Hubbs-Tait said. “Ask what they enjoyed and what they learned. Ask them what they would like to repeat and what they would prefer not to repeat.”

When things are not going well, be empathetic and patient. If you think that the moment is appropriate, you can mention your own challenging or lonely moments at camp.



Sewing Workshops

for Youth and Adults

June 11– Beginning Sewing Class for Adults

9am OSU Ext. Multipurpose Room– Newkirk

July 19-20– 4-H Sewing Day Camp

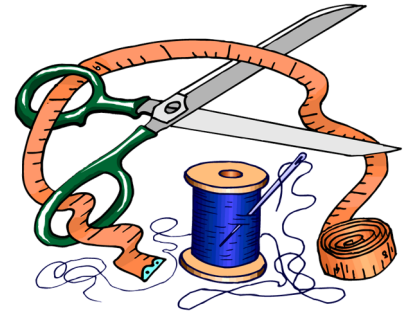
9am– 12pm OSU Ext. Multipurpose Room

If you want to sign up to attend or volunteer to help with either or both of these workshops please email brenda.medlock@okstate.edu or call the office at 362– 3194.

Sewing Tricks

Leader Lesson

- ◆ **Who-** OHCE members and the public
- ◆ **When-** June 30th 1pm
- ◆ **Where-** OSU Extension Multipurpose Room, Newkirk
- ◆ **What-** If you've been sewing for a while; odds are you've picked up a few tricks along the way. But for those of us starting out, we tend to do things the hard way usually because no one taught us sewing tricks that could make the job a little easier. So for both the experienced and the amateur, here are 15 sewing tricks your Grandma should have taught you. (You'll kick yourself because some of them are so obviously simple).



Oklahoma Home and Community Education News



87th Annual OHCE State Meeting Conference

ALL ABOARD WITH OHCE!

July 10-12, 2022

Champion Convention Center, OKC

Registration: \$120 at orangehub.okstate.edu

Registration closes on **June 24th**

Hotel Reservations: Hilton Garden Inn

801 S. Meridian OKC Phone: 405-942-1400 Use Group Name: **OHCE**

Sunday Christmas Make & Take Workshops \$20 (limit 100 people)

Register with your conference registration. Workshop begins at
3:30pm on July 10th

87th Annual OHCE State Meeting Conference is now open for registration. All registration will need to be completed online at orangehub.okstate.edu. Contact Brenda at the Extension Office 580-362-3194 if you need any help with the registration. Registration ends on June 24th.





Kay County Extension Office
 P.O. Box 430
 Newkirk, OK 74647

**KAY COUNTY
 EXTENSION**

Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.



Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.

"The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Cooperative Extension Service is implied."

Upcoming Events

May

- 26– OHCE Hand Pieced Hand Quilted Workshop
9 am OSU Extension Office
- 26– OHCE Leader Lesson– Succulent Kokedama
1pm OSU Extension Office
- 30– Memorial Day– Office Closed

June

- 11– Basic Sewing Workshop– OSU Extension Office
- 14– Flag Day
- 19– Father’s Day
- 20– Emancipation Day– Office Closed
- 30– Leader Lesson– Sewing Tricks 1pm OSU Extension Office

July

- 4– Independence Day– Office Closed
- 10–12– Annual OHCE State Meeting
- 19–20– Youth Sewing Day Camp 9am–12pm OSU Extension Office
- 21– Leader Lesson– All About Pineapple 1pm OSU Extension Office